

THE
Family MAGAZINE:
In TWO PARTS.

PART I.

Containing Useful *Directions* in All the BRANCHES of
HOUSE-KEEPING *and* COOKERY.

Particularly Shewing

How to Buy-in the Best of all Sorts of PROVISIONS;

As *Poultry-Ware, Butchers-Meat, Fish, Fruit, &c.*

With several Hundred RECEIPTS in

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PASTRY,

PICKLING,

CONFECTIONARY,

DISTILLING,

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Together with the ART of

MAKING ENGLISH WINES, &c.

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As also how to make All Kinds of

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To which is Added, *An Explanation of such TERMS OF ART used in the WORK,*
as could not be so easily reduced to the Understanding of common Readers.

The THIRD EDITION, *Revised, Corrected, and greatly Enlarged.*

To which is Prefixed,

A brief Account of the great Efficacy of TAR-WATER in most
Distempers; Directions for Making it, &c.

L O N D O N:

Printed for J. OSBORN, at the Golden-Ball in Pater-noster Row

M DCC XLVII.

Of the Use and Efficacy of TAR-WATER, in most Distempers.

THE use of Tar-water, as recommended by the learned and ingenious Dr. Berkeley, Bishop of Cloyne, in Ireland, is now so general, and its efficacy so well known, that it may well warrant us to prefix to the present edition of this work a brief account of its virtues; and directions how to make it, &c. which we shall take from the words of that prelate; who has not been of more service to the cause of Christianity, by his excellent writings in defence of it, and by his admirable example, and truly primitive life and conversation, than, by this noble discovery, he has been to the health and bodily welfare of the whole human Species.

This great benefactor to mankind tells us, That, by what he has already seen and tried, he is most sincerely persuaded, that Tar-water may be drank with great safety and success, for the cure or relief of most, if not all diseases; of *Ulcers, Itch, Scald-heads, Leprosy, King's-evil, Cancers, the foul Disease, and all foul cases; Scurvies of all kinds, disorders of the Lungs, Stomach, and Bowels, in Rheumatic, Gouty and Nephritic Ailments, Megrims, inveterate Head-achs, Epilepsies, Pleurifies, Peripneumonies, Erysipelas, Small-pox, all kinds of Fevers, Colics, Hysterie and all Nervous Cases; Obstructions, Dropsies, Decays, and other maladies.*

For *Agues*, he says, it should be drank warm, and often, in small glasses both in and out of the fit, and continued for several days, to prevent a relapse. Nor is it of use only in the cure of sickness; it is also useful to preserve health, and guard against infection, and in some measure even against old age, as it gives lasting spirits, and invigorates the blood.

I am even induced, adds the Bishop, by the nature and analogy of things, and its wonderful success in Fevers of all kinds, to think, that Tar-water may be very useful against the Plague, both as a preservative and a cure.

But I doubt no medicine can withstand that execrable plague of distilled spirits, which do all, without exception (there being a caustic and coagulating quality in all distilled spirits, whatever the subject or ingredients may be) operate as a slow poison, preying on the vitals, and wasting the health and strength of body and soul.

Tar-water is of itself a sufficient cordial, friendly and congenial to the vital heat and spirits of a man. If therefore strong liquors are in the accustomed quantity superadded, the blood being already, by Tar-water, sufficiently warmed for vital heat, the strong liquors superadded will be apt to over-heat it, which over-heating is not to be imputed to the Tar-water, since, taken alone, I could never observe it attended with that symptom.

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Nothing doth so much obstruct the good effects of Tar-water, as the abuse of strong liquors. Where this is avoided, it seems no chronical malady can keep its ground, or stand before Tar-water constantly and regularly taken, not even hereditary distempers, as the most inveterate *King's-evil*, nor even the most confirmed *Gout*; provided it be drank a quart a day, at 6 or 8 glasses, and at all seasons, both in and out of the fit, and that for a great length of time, the longer the better. It is to be noted, that in fits of the *Gout*, *Colic*, or *Fever*, it should be always drank warm; on other occasions, warm or cold, as the patient likes.

The inference I make is, that those who expect health from Tar-water, have less need of any other cordial, and would do well to sacrifice some part of their pleasure to their health. At the same time I will venture to affirm, that a *Fever*, produced either from hard drinking, or any other cause, is most effectually and speedily subdued, by abstaining from all other cordials, and plentifully drinking of Tar-water; for it warms the cold, and cools the hot: simple water may cool, but this, at the same time that it cools, gives life and spirit. It is, in truth, a specific for all kinds of *Fevers*; the same medicine, which is a leisurely alterative in chronical disorders, being taken in larger quantities, is a speedy cure in acute ones.

Those who, without knowledge or experience of Tar-water, have been so active and earnest to discredit its virtues, have much to answer for, especially with regard to acute inflammatory distempers, in which it doth wonders. It is, in those disorders, so fatal and frequent, that I have had most opportunities of observing its virtues; nor can the world ever know the just value of this medicine, but by trying it in the like cases.

When the patients are given over, and all known methods fail, it is allowed to try new remedies. If Tar-water was tried in such cases, I do verily believe, that many patients might thereby be rescued from the jaws of death: Particularly, I would recommend the tryal of it in the most malignant and desperate *Fevers*, or *Small-pox*, attend with purple, livid, or black spots. It is my sincere opinion, that warm Tar-water, drank copiously, may often prove salutary, even in those deplorable cases.

My opinion is grounded on its singular virtues in correcting, sweetening, and invigorating the blood, and in curing *Cancers* and *Gangrenes*, or beginning *Mortifications*, such as those spots do indicate. I have lately known it drank with good success in a very painful and unpromising wound; and am persuaded, that if it were drank plentifully, during the dressing of all sorts of dangerous wounds, it might assuage the anguish, and forward the cure; as it abates feverish symptoms, and by rendering the blood balsamic, and disposing the parts to heal, prevents a *Gangrene*.

Tar itself is an excellent medicine, being spread on a cloth, and applied warm to an *Ulcer* or wound. I have known the same, applied to a very large and painful *Tumor*, caused by a sprain or bruise, speedily assuage the pain, and reduce the swelling. I may add, that Tar (mixed with honey, to make it less offensive, and) taken inwardly, is an admirable

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mirable balsam for the lungs; and a little of this, taken together with Tar-water, hastens its effects in curing the most obstinate and wasting Coughs; and an egg-shell full of Tar, swallowed and washed down with a quart of Tar-water, night and morning, hath been found very useful for the same disorder in horses.

The method of preparing and using it, his Lordship directs as follows:

“ Pour a gallon of cold water on a quart of liquid Tar, in a glazed earthen vessel; stir, mix, and work them thoroughly together, with a wooden ladle or flat stick, for the space of five or six minutes. Then let the vessel stand close covered three days and nights, that the Tar may have full time to subside. After which, having first carefully skimmed it, without moving the vessel, pour off the clear water, and keep it in bottles, well corked, for use.”

This method will produce a liquor stronger than that first published in *Siris*, but not offensive, if carefully skimmed. It is a good general Rule; but as stomachs and constitutions are various, it may admit of some latitude. Less water, or more stirring, makes it stronger; as more water, or less stirring, makes it weaker.

It is to be noted, that if several gallons are made at once in the same vessel, you must add five or six minutes stirring for every gallon. Thus two gallons of water, and two quarts of Tar, require ten or twelve minutes stirring.

The same Tar will not do so well a second time, but may serve for other common uses: The putting off Tar that hath been used, for fresh Tar, would be a bad fraud. To prevent which, it is to be noted, that Tar already used is of a lighter brown than other Tar. The only Tar that I have used, is that from our Northern Colonies in *America*, and that from *Norway*; the latter, being thinner, mixeth easier with water, and seems to have more spirit. If the former be made use of (as I have known it with good success) the Tar-water will require longer stirring to make it.

Tar-water, when right, is not paler than *French*, nor deeper coloured than *Spanish* White-wine, and full as clear: if there be not a spirit very sensibly perceived in drinking, you may conclude the Tar-water is not good: if you would have it good, see it made yourself.

Those who begin with it, little and weak, may, by habit, come to drink more and stronger. According to the season, or the humour of the patient, it may be drank either cold or warm: in *Colics* I take it to be best warm. If it disgusts a patient warm, let him try it cold, and *vice versa*. If at first it creates, to some squeamish persons, a little sickness at stomach, or nauseating, it may be reduced both in quality and quantity.

In general, small inconveniences are either removed, or born with small trouble: it lays under no restraint as to air, exercise, cloaths, or diet, and may be taken at all times of the year.

As to the quantity; in common *chronical* indispositions, 1 pint of Tar-water a day may suffice, taken on an empty stomach, at 2 or 4 times, to wit, night and morning, and about 2 hours after dinner and breakfast: more may be taken by strong stomachs. Alteratives in general, taken
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in small doses, and often, mix best with the blood; how oft, or how strong each stomach can bear, experience will shew.

But those who labour under great and inveterate maladies, must drink a greater quantity, at least 1 quart every 24 hours, taken at 4, 6, or 8 glasses, as best suits the circumstances and case of the drinker.

All of this class must have much patience and perseverance in the use of this, as well as all other medicines, which, if sure and safe, must yet, from the nature of things, be slow in the cure of inveterate chronical disorders.

In *acute Cases*, fevers of all kinds, it must be drank in bed warm, and in great quantity (the fever still enabling the patient to drink), perhaps a pint every hour, which I have known to work surprising cures. But it works so quick, and gives such spirits, that the patients often think themselves cured before the fever hath quite left them. Such therefore should not be impatient to rise, or apply themselves too soon to business, or their usual diet.

To some, perhaps it may seem strange, that a slow alterative in chronical cases cannot be depended on in fevers, and acute distempers, which demand immediate relief. But I affirm, that this same medicine, which is a slow alterative in chronical cases, I have found to be also a most immediate remedy, when copiously taken, in acute and inflammatory cases. It might indeed be thought rash to have tried it in the most threatening fevers and pleurisies without bleeding, which in the common practice would have been held necessary. But for this I can say, that I have patients who would not be bled; and this obliged me to make trials of Tar-water without bleeding, which trials I never knew unsuccessful. The same Tar-water I found a slow alterative, and a sudden febrifuge. If the reader is surpris'd, I own myself to be so too. But truth is truth, and from whatever hand it comes, should be candidly received. If physicians think they have a right to treat of religious matters, I think I have an equal right to treat of medicine.

Authority I have no pretence to; but *Reason* is the common birth-right of all: my *reasons* I have given in *Siris*: my *motives* every one will interpret from his own breast: But he must own himself a very bad man, who, in my case (that is, after long experience, and under full conviction of the *virtues* and *innocence* of Tar-water), would not have done as much.

All men are, I will not say *allowed*, but *obliged* to promote the common benefit; and for this end, what I could not in conscience conceal, that I do and shall publickly declare, maugre all the spleen and raillery of a world, which cannot treat me worse than it hath done my betters.

As the morning's draught is most difficult to nice stomachs, such may lessen, or even omit it, at the beginning, or rather postpone it till after breakfast; and take a larger dose at night.

The distance from meal-time need not be more than one hour, for common stomachs, when the liquor is well clarified and skimmed.

The oil that floats on the top, and was skimmed off, should be carefully laid by, and kept for outward sores.

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In the variety of cases and constitutions, it is not amiss that there should be different manners of preparing and taking Tar-water: Trial will direct to the best.

Whether there be any difference between old Tar and new Tar, or which of all the various Tars, produced from different trees, or in different parts of the world, is most medicinal, future trials must determine.

I have a *second* sort of Tar-water, to be used externally, as a *Wash* or *Lotion*, for the *Itch*, *Scabs*, *Ulcers*, *Evil*, *Leprosy*, and all such *foul Cases*: Which I have tried with very good success, and recommend it to the trial of others.

For inveterate cases of that kind, Tar-water should be drank, a quart every 24 hours, at 4, 6, or 8 glasses: And after this hath been done, at least for a fortnight, the lotion is to be applied outwardly, and warm, by bathing, fomenting and steeping, and this several times in the 24 hours, to heal and dry up the sores, the drinking being still continued.

This water, for external use, is made in the following manner:
“ Pour 2 quarts of hot boiling water on a quart of Tar, stir and work
“ it strongly, with a flat stick, or ladle, for a full quarter of an hour;
“ let it stand 6 hours, then pour it off, and keep it close covered for
“ use.” It may be made weaker or stronger, as there is occasion.

From what I have observed of the LOTION, I am inclined to think, it may be worth while, in obstinate and *cutaneous Ailments*, *Leprosy*, and *Weakness of Limbs*, to try a BATH of Tar-water; “ allowing a gallon of
“ Tar to every ten gallons of boiling hot water; stirring the ingredients
“ a full half hour; suffering the vessel to stand 8 or 10 hours, before
“ the water is poured off, and using the bath a little more than milk-
“ warm.” This experiment may be made in different proportions of Tar and water.

My experiments have been made in various cases, and on many persons; and I make no doubt that the virtues of Tar-water will soon be more fully discovered, as it is now growing into general use, though not without that opposition which usually attends upon novelty.

The great objection I find made to this medicine is, that it *promises too much*. What! say the objectors, do you pretend to a PANACEA? a thing strange, chimerical, and contrary to the opinion and experience of all mankind!

Now, to speak out, and give this objection, or question, a direct answer, I freely own, that I suspect Tar-water is a PANACEA. I may be mistaken, but it is worth trial; for the chance of so great and general a benefit, I am willing to stand the ridicule of proposing it. And as the old philosopher cried aloud, from the house-tops, to his fellow citizens, *Educate your children*; so, I confess, if I had a situation high enough, and a voice loud enough, I would cry out to all the Valetudinarians upon earth, *Drink Tar-water*.

For the use of travellers, a Tar-water may be made very strong; for instance, with one quart of water and a quart of Tar, stirred together for the space of twenty minutes. A bottle of this may serve long on a road,

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road, a little being put to each glass of common water, more or less, as you would have it stronger or weaker. Near ten years ago, a quart of about this strength was given to an old woman, to be taken at one draught, by direction of a young lady, who had consulted one in my family, about the method of preparing and giving Tar-water, which yet she happened to mistake. But even thus, it did service in the main, though it wrought the patient violently all manner of ways. Which shews, that errors and excesses in Tar-water are not so dangerous, as in other medicines.

Tar-water seldom fails to cure, or relieve, when rightly made of good Tar, and duly taken. I say, of good Tar, because the vile practice of adulterating Tar, or of selling the dregs of Tar, or used Tar, for fresh, is grown frequent, to the great wrong of those who take it. Whoever hath been used to good Tar-water, can readily distinguish the bad by its flat taste, void of that warm cordial quality found in the former: it may also be expedient for knowing fresh Tar, to observe, whether a fat oily scum floats on the top of the water, which is found to be much less, if any at all, on the second making of Tar-water. This scum was directed to be taken off, not from its being apt to do harm when drank, but to render the Tar-water more palatable to nice stomachs.

This medicine of Tar-water worketh various ways, by urine, by perspiration, as a sudorific, carminative, cardiac, astringent, detergent, restorative, alterative, and sometimes as a gentle purgative or emetic, according to the case or constitution of the patient, or to the quantity that is taken; and its operation should not be disturbed. I knew two brothers ill of a *Fever* about the same time; it wrought on the one by copious sweating, on the other altogether by urine; and I have known it to act at different times differently, even on the same person, and in the same disorder; one as a diaphoretic, or sudorific, another as a diuretic. Its general character is diuretic, which shews, that it cleanseth the urinary passages, preventing thereby both stone and gravel, against which it hath been found very useful, and much safer than mineral waters, by reason of its balsamic healing quality.

Tar-water doth recover and impart vital heat, but imparts no inflaming heat. I have seen a wonderful cure wrought on a child about 8 years old, and past all hopes, by pouring several spoonfuls of Tar-water down his throat, as he lay quite subdued by a most violent *Fever*, without any appearance of sense or motion, the nostrils drawn back, the eyes fixed, the complexion deadly wan. And yet Tar-water, forced down by spoonfuls, seemed to kindle up life anew; and this after sage-tea, saffron, milk-water, Venice-treacle, &c. had been used without any success.

For further satisfaction, and for proof of the Universality of this noble Medicine, the reader is referred to the learned author's excellent treatise called *SIRIS*; and also to Mr. *Prior*'s authentic narrative of the success of Tar-water in curing great numbers and variety of distempers.

THE PREFACE.

THE Piece which we now present to the Publick, carries with it such a visible Preference to all others that have hitherto been published of the Kind, as well for the Excellency and Choice of the Materials, the Quantity of Matter, and the easy, intelligible, and convenient Method in which the Whole is disposed, that we shall make no Apology for its Publication; nor do it the Injury to compare it with those which have gone before it.

The Work consists of *Two* principal Parts:

The *First*, Contains useful Directions in all the Branches of *House-keeping* and *Cookery*.

And the *Other*, comprehends practical *Rules* and *Directions*, with *approved Recipe's*, for preserving of **HEALTH**, and prolonging of **LIFE**.

The **FIRST** of these, though the least considerable as to Bulk, we will venture to say, by the Largeness of the Page, and the Smallness of the Character, contains more Matter than most Books of the Kind.

For the Reader will find in it,

I. The *Complete* **CATERER**, containing easy and intelligible Instructions how to Buy-in all Sorts of Provisions for a Family, and to know whether what is bought be new

or stale, young or old ; and this with regard not only to *Poulterers-ware*, as Water-fowl, Land-fowl, Hares, Rabbits, &c. but also Directions for curing the *Distempers* incident to *Poultry*, and likewise how to feed and manage all Kinds of *Birds* for the Table : Together with easy Rules to know the best Sorts of *Butchers-meat*, as Pork, Beef, Mutton, Lamb, Veal ; also *Bacon*, *Hams*, *Venison* : *FISH* of all Sorts ; and even *Butter*, *Eggs*, *Cheese*, &c.

2. *The Mystery of the FRUITERERS*, shewing the most approved ways to gather, keep, and order all Sorts of Fruit, native or foreign, throughout all Seasons of the Year ; and how to judge of their Goodness.

3. The TERMS OF ART used in CARVING, and Instructions to carve according to those Terms.

4. An ample Bill of Fare for every Month in the Year, with ready Messes for SUPPERS, &c.

5. Directions and *Schemes* for placing the Dishes on the Table, with the *Regalia* for a SIDE-BOARD, &c.

6. Sundry Kinds of *Sauces* and *Garnish*.

7. A great Number of choice Receipts in the several Branches of COOKERY ; as how to dress (in every Shape of Preparation for the Table) all Sorts of *Poulterers-ware* ; *Beef*, *Mutton*, *Pig*, *Pork*, *Lamb*, *Veal*, *Venison*, *Hams*, *Tongues*, and *FISH* of all Sorts, each under its proper Head.

8. Practical Instructions in the Arts of PASTRY ; including all Sorts of Pyes, Pasties, Puddens, Cakes, Custards, Cheese-cakes, Florendines, &c.

9. The Art of PICKLING ; which gives proper Rules for that Work, in all Sorts of *Flesh* and *Fish* usually pickled, as well as *Fruit*, *Berries*, *Plants*, &c.

10. *The Complete CONFECTIONER* ; containing Directions for *preserving*, *candying* and *drying* all Sorts of *Fruit* ; as also how to make all Kinds of *Creams*, *Jellies*, *Syrups*, *Marmalades*, *Conserves*, &c. adapted as well for *Health* as *Delight* ; to which is prefixed, The Art of boiling and managing Sugar, for the several Uses of the *Confectionary*.

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11. The Art of DISTILLING, shewing how to make a great Variety of the most wholesome CORDIAL WATERS, &c.

12. *The Art of making* ENGLISH WINES; also *Mum, Mead, Metheglin, Cyder, Perry, &c.* and how to fine-down Wines, and to recover those which are vitiated or decaying.

13. *The* FAMILY BREWER; in which Directions are given for chusing good *Malt, Hops, Water, &c.* and every thing necessary to the Art of *Brewing*; likewise how to fine, recover, and preserve all Sorts of *Malt Liquors*, as also how to make *China-ale, Ebulum, Purl, &c.*

14. COSMETICKS; or, The Art of beautifying the SKIN, by the most wholesome and innocent Ingredients; also how to preserve the *Teeth*, mend the *Complexion*, make the *Hair* grow; to cure *Morphew, Freckles, Ring-worms, Tetters, Pimples*, and prevent the *Pitting* of the *Small-pox, &c.*

15. And to conclude this *First Part*, the Reader will find, under the Title of, *The Frugal HOUSEKEEPER'S DIRECTORY*, some choice Receipts necessary to be known by all good Housewives, for the better Management of *Family Affairs*; with useful Additions to several of the foregoing Articles; and, moreover, Directions for destroying most Kinds of noxious Vermin, and Insects; as *Bugs, Flies, Ticks, Moths, Fleas, Lice; Mice, Rats, Weasles, &c.*

So that we may venture to say, That this *First Part* is a curious Compendium of all that is requisite to be known in a Family, as to Provisions of all Sorts from the Market and Shop, to the Kitchen and Table, and to every other Branch of good Oeconomy.

Thus far has the Editor of the Work ventured to assert, on a careful Perusal of the *First Part*.

The SECOND PART is of that Importance to Mankind, that we shall leave it to the ingenious Lady herself, who

communicates it to the World, to give an Account of it ; (as also of her Part in the First Treatise, the Particulars of which we have enumerated) and we shall subjoin it as follows, in her own Words.

Courteous Reader,

THE above is the Account which the Person who may properly be called the Editor of the Work, has given of the *First Part* of it, as he says, on a careful Perusal. For as to myself, who collected and furnished the Materials for it, I am quite unskilled in Applications of this Sort to the Publick. But it behoves me, however, (at least I am made to believe so) to give some little Account myself, of the Matter, and the Occasion of publishing it.

As to the Matter and Materials, they are what I had collected and digested for my Observance in the busy Lot that had for many Years, befallen me, in the *House-keeping* and *Catering* way ; having always had to provide for and manage a large and numerous Family, first of my own, and afterwards of a Relation's in high Life ; and for their Use and Excellency, the Gentleman has said too much above, to leave me any room to add to his Account of them in that respect.

But with regard to the *Second Part*, that being not my own, I can speak more freely of it.

I had a Brother (and it is my great Misfortune, and that of Hundreds of others, his Patients, that I am forced to say I *had*) whose Practice and Success in Physick was second to none in all the populous Towns around the Place of his Residence. And he thought it proper to digest what he had read, and what he had experienced, into a Kind of *Common-place Book*, to which he frequently had recourse, and added and alter'd, and observ'd upon, as he found Occasion, from his own Experience ; and there are many Notes in it, throughout, of, [*This I found efficacious in Mr. ——— Case ;*] [*This had not the Success in Lady ———'s Case as it had in Mrs. ———'s ——— ; and there-*
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fore I substituted what follows] and other Observations of the like Nature; which shew, that he made it the Directory of his Practice, in most of the Cases he was concerned in: And indeed, the first Leaf, by way of Title to it, was written upon, — *Physick, &c. Common-placed, for a Help to my Memory and Practice.*

These Papers, on his much-lamented Death, fell into my Hands, as his Executrix: And a good Lady, whose Life is one continued Series of Charity to the Poor and Sickly, insisted, that they might be printed for the Good of the Publick; and I had too many Obligations to her Ladyship to deny her Request. Accordingly I consulted a Friend who was a good Judge of Books and Mankind, upon it, who represented, that there were many Book of Physick, and that since I refused to affix my Brother's Name to it for *Family Reasons*, and as it seem'd so well fitted for the Generality of People, and to be written in so plain and intelligible a manner, he was of Opinion, that it would be of more general Use, and in more Request, if the Subjects relating to Family Matters (which he complimented me with being a Mistress in) were prefixed to it; as many such Books, he said, compiled of very slight and superficial Materials, had been well received by the Publick, although they had given only general Recipes perhaps, and those chosen at random, for a Disease, that had many *Stages* and *Changes*, and in which a Prescription that might be good in *one Stage*, might be very *hurtful* in *another*; and where neither *Bleeding*, *Purging*, nor *Vomiting*, which were often of absolute Necessity to be *begun with*, were ever suitably directed. By which *general* Treatment and Neglects, many Lives, no doubt, had been cast away. Whereas, as he observed, my Brother's Papers treating the Subject according to *Art*, and with regard to its *progressive Steps*, would be of infinite Use to the Publick, if it could be brought into a portable Compass, and sold at an easy Rate. And this he instanced in the Articles of *Fevers*, *Small-pox*, *Colds*, *Consumptions*, *Dropsies*, &c. that

had each several *Stages* and *Changes*, which requir'd quite *different* Managements.

My ever-valuable Friend the good Lady I have mention'd, approv'd the Gentleman's Scheme, and joining to urge me to pursue it, I resolv'd to set about preparing for the Press, those Materials which compose the *First Part* of this Work; though, I must needs say, not without some Reluctance, because of their Unworthiness to appear in Company with my Brother's Papers.

I had however, after this, other Objections of no small Force, which were, That as my Brother had no Thought of publishing his Papers, having written them for his own private Use, so they wanted the Method, and Address to the Readers, which were necessary to fit them for general Use; and that many of the private Observations which related to particular Persons and Cases, (some of which, I was sure, would not be well taken to be published as they stood) should be alter'd or omitted, as the Case might require; and also that the Introductions to the Distempers should receive a more general Air and Turn, than they already had: And particularly I was of Opinion, that the Article of *Venereal Distempers* should be wholly omitted; lest it should encourage unhappy Creatures, when they were taught the Method of Cure, to persist in their profligate Courses: And having observed some Repetitions of particular Management in some Distempers, which were hardly avoidable, as he had written the Sheets at particular and very distant times; (for Instance, in such Articles as *Hystericks*, *Feminine Distempers*, *Hypochondriack Distempers*, &c. which bear a Relation to one another; and again in *Apoplexy*, *Epilepsy*, *Lethargy*, *Palsy*, &c.) I insist'd, that the Whole ought to be inspect'd by a Person of Skill, and reduc'd to one uniform Method, and that for avoiding Repetitions, &c. *more* References ought to be made (for my Brother had made many, and observ'd an alphabetical Method in the Whole): All which, I said, I thought so necessary to be done, and yet so difficult to get perform'd

perform'd as it ought, that I thought these were insuperable Objections against publishing the Papers.

And indeed these Reasons appeared so considerable to *both* my Friends, as well as to myself, that the Matter rested here some Months; till at last, on the agreeable Success in a consumptive Case managed according to the Prescription in my Brother's Papers, upon a young Gentleman known to us all, who was far gone in a wasting way, I was again urged to a Publication of the Whole, to which I consented, upon my Friend's procuring me a careful and skilful Person, who having Time upon his Hands, undertook to *revise, class, refer to, and introduce* the Subjects, as the Case should require; and in short, to fit the Papers for publick Use, and to give them the requisite general Air and Turn for that Purpose; and at the same time, he undertook to render the physical Terms, where-ever it could be done, plain and easy to every one; and where it could not with Advantage, to explain in a short kind of Dictionary at the End, those difficult Terms that occur not usually in common Reading. And with regard to my Objection as to the *Venerable Article*, he gave me a Specimen of what I might expect from his Care, in the manner it appears as an Introduction to that Article; and I was well satisfied with the Reason he there gives, why such a Subject should not be excluded this Collection.

All my Objections being thus removed, I committed the Papers to the Care of the Gentleman who had thus undertaken to be the Editor of them, for the Press. And after he had performed the Task he had set himself, he returned them to me, with the Title-page that now is prefixed; and I took the Pains to compare what he had done with the original Papers, and found great Cause to be pleased with his Care, Dexterity, and Diligence.

But that I might still further proceed with the Consideration due to the Importance of a Work, which, when published, was to concern the Health and Welfare of
so

so many Thousands of my Fellow-subjects, I determined (though I had no Reason to doubt my good Brother's Judgment, any more than the Care of the Editor) to put the Manuscript, alter'd as it was by the latter, into the Hands of a worthy and experienced Physician, desiring his Opinion of it, and telling him, that at the Request of my good Friend the Lady ——— I was inclined to publish it for the general Good, if he thought it capable of contributing to it; and that I was prevailed upon to prefix to it the Subjects of Family Management, &c.

And this Request the Lady herself (to whose Family, when in *London*, the Gentleman is Physician) joining in, the Result was, that after it had lain near twelve Months in his Possession (his great Practice not permitting him to go through with it sooner) he returned it to me in the Country, accompany'd with a kind Letter: Which, because it will save me a great deal of Trouble in speaking of the Merit of the Performance, I hope the Gentleman will forgive me for inserting. And which is as follows:

Good Madam,

“ I AM at a Loss to know how the Business of *Cookery*
 “ and the *Kitchen* comes to be joined with a Treatise
 “ of *Physick*; except for one Reason; which is, that the
 “ latter may be thought a proper Antidote to the Mis-
 “ chiefs which luxurious Eating and intemperate Drink-
 “ ing always bring upon Mankind. But be it as it will,
 “ it is your Business, who have had such large Expe-
 “ rience in all the Branches of Housekeeping, and are so
 “ excellent an *Æconomist*, to answer for *that*: As it is
 “ mine, at your Request, to tell you what I think of
 “ your good Brother's Papers. And, in few Words, my
 “ Opinion is, That you have chosen for the Treatise, a
 “ happy and very expressive Title, which promises much;
 “ but I truly think, not more than the Work performs:
 “ For,

“ For, under the Articles of *Air, Aliment, Appetite, Con-*
 “ *stitutions, Diet, Digestion, Evacuations, Exercise, Herbs,*
 “ *Odours, Old Age, Palliatives, Perspiration, Plague, Spi-*
 “ *rituous Liquors, Temperance, Venomous Bites, and poisonous*
 “ *Vegetables, &c.* it gives us excellent Instructions for the
 “ PRESERVATION of HEALTH, and PROLONGATION
 “ of LIFE. Under the Heads of *Burns, Bruises, Ears,*
 “ *Eyes, Inflammatory Distempers, Scalds, Wounds, &c.* it
 “ provides against the ACCIDENTS to which Mankind is
 “ subject. By the Articles intituled *Childrens Distempers,*
 “ *Cutaneous Distempers, Feminine Distempers, Hypochon-*
 “ *driack and Hysterick Disorders, Milk, Teeth, Thrush,*
 “ *Worms, &c.* the Diseases usually incident to WOMEN
 “ and CHILDREN, are guarded against. And by the
 “ other numerous Heads of Distempers (so uniformly
 “ rang’d and dispos’d in alphabetical Order) it instructs
 “ the Reader in the Management of all the Diseases to
 “ which MEN, in common with *Women and Children,*
 “ are liable. And I cannot but say, that I think the
 “ Whole a well-digested and useful Performance, which
 “ may do a great deal of Good in the Hands of well-
 “ disposed Gentlemen and Ladies, who charitably incline
 “ to assist their poor Neighbours and Tenants, where a
 “ skilful Physician is not at hand; and at the same time
 “ is not unworthy of the Perusal and Observation of such
 “ young Beginners in the *Lower Branches* of the Physical
 “ Science, in the Country, who may not have Opportu-
 “ nity of readier and larger Helps.

“ This I am the more dispos’d to hope for, since you
 “ assure me, it was generally the Regulator of the Practice
 “ of our good Friend, whose Loss you so justly deplore;
 “ and whose successful Practice, we all know, brought
 “ him the *Blessings* of Multitudes of Patients, and was the
 “ *Envy* of lesser Practitioners in the populous Towns in
 “ his Neighbourhood.

“ I could say much more on this Subject, and in Praise
 “ of the Performance; but I think it needs it not: Less
 “ I could not say, in Justice to the Piece, and to the
 “ Memory

“ Memory of its judicious Compiler ; as well as in Obedience to your Commands. For I am,

MADAM,

Your most obedient humble Servant.

“ P. S. I have taken the Liberty to *alter* and *inlarge*
 “ some of the Articles ; and to *add* here and there
 “ a little *new Matter*, to shew my Willingness
 “ to contribute to the good Design. I hope this
 “ will not be unacceptable. I have, to distinguish
 “ what I have done, that you may approve or
 “ reject with the greater Ease, written with
 “ *red Ink.*”

The Reader need not doubt that I returned my thankful Acknowledgments to this learned Gentleman, as well for his kind Letter, as for his condescending to make Alterations and Additions, which are not a few : And as to the Hint he gives in the Beginning of his Letter, of the Mischiefs accruing from Excess and Intemperance in Meats and Drinks, I hope I have taken Care not to deserve Reproof, in the Receipts and Directions I have collected and furnished, in the *First Part* of this Treatise. For I must say, that I have in all the Articles of it, and in every Receipt I have recommended, studied at one and the same time, the *Elegance*, the *Frugality*, and the *Wholsomeness* of the *Composition*, as well as the *several Ingredients*, and have never once intended to comply servilely with a *depraved Taste* or *luxurious Appetite* ; by which *Health* might suffer, or be endanger'd. I must needs say, however, that the Gentleman has (tho' pleasantly intended by him) furnished me with a good Hint to permit the two Subjects to appear together : For however innocent in themselves the Materials and the Recipes which I have communicated, may be, yet as the best things may be abused to the worst Purposes, and so become *Poison* to the Constitution, the *Antidote*, in case of so bad a Use, should always be at hand.

It may be farther necessary to observe, that in the original Papers, my Brother had in many Places, prefixed marginally,

The P R E F A C E.

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marginally, to the Rules and Recipes, particular Names of Physicians, and initial Letters of Titles of Books; and, among many others equally eminent, (besides many Foreign Practitioners) were the Names of the following; viz.

LOWER,	Lord BACON,
WILLIS,	BOYLE,
HARVEY,	ARBUTHNOT,
PITT,	BOERHAAVE,
SYDENHAM,	CHEYNE,
MORTON,	H—
ALLEN,	H—
FULLER,	T—
GARTH,	M—
FREIND,	M—
RADCLIFFE,	P—

And sometimes several Physicians Names together, and his own with them, which I suppose was in particular Cases, where a Consultation was held. Against very many, he had made this Mark *, by which, I find, he distinguished what were the Results of *his own Experience* and *Practice*. A large Number also he had noted with the Names of *private Persons*, to whose Communication he was obliged for some Receipts, which he could depend upon had been attended with Success.

As I could not tell how far he had, or had not, depended on those Names, and made use of their Prescriptions, he having, in some Places, (as I presume, on further Experience) controverted and alter'd some of the Rules they laid down, I thought it would be best in the Preface to observe thus much, and omit all those private Marks and Names, as well for this Reason, as to avoid giving Offence to any Person now in being, who might not be pleased to be mentioned on this Occasion.

I have been much press'd to put my Name to the *First Part* of this Work; but I cannot consent to it, for two Reasons: The First, That I have not the Vanity to believe so well of myself, as the Persons pretend to do,
who

who would persuade me to it: The Second, Because of my Relation to several honourable Persons, who would not be well pleased, perhaps, to see my Name in publick, on such an Occasion. Nor do I think it material to the Work; for if that has not a Merit in itself, it is not to be expected, that *any* Name should give it a Reputation; and if it has, it needs none.

I believe I have written enough; but will say one thing more; and that is, That as I intended no other Advantage to myself, than a few Copies for Friends, I desired that it might be printed in such a manner, as should make it come as easy as possible to the Publick, for whose Good it was principally intended. And indeed there was the more Necessity for this; as my Brother's Part (the far most useful of the Two) is so extensive, that I was told, it would in a common-sized Character, make two large Volumes of itself; and yet, I think, it is so contriv'd, as to be very legible, in the Sheets before us.

P. S. Being still teized for some Name, I will, tho' not my right one, subscribe That of

ARABELLA ATKYNS.

The above is the Preface to the *First Edition* of this Work; which giving so ample an Account of its Use and Excellency, it was thought adviseable not to alter or omit it.

And with regard to this *New Edition*, it is necessary to add, That the favourable Reception this Work has met with, having so soon brought it again to the Press, tho' a large Number was printed off, each Part was put into the Hands of a very able Person (the original Compiler wanting Leisure) one in the *Physical*, the other in the *Cookery* Way: Who have corrected and enlarged both. Omitting only such Receipts in the *Cookery*, as the Alteration of Modes and Fashions made necessary to be replaced by more modern ones; and enlarging it by several very considerable Additions. And as to the *Physical*, the Gentleman, who undertook that Province, has very carefully gone through the Whole, and has expunged several less experienc'd Prescriptions, to make room for others of more approved Efficacy, taken from the best Authors, and the modern Practice: He has also been particularly exact in the prescrib'd Quantities, and in all the Receipts where *Handfuls* of Herbs are directed, the same is adjudged by *Weight*, which is by far the most certain and correct Method. And in this Edition, the *Supplements* to the several Articles, are inserted under their proper Heads.



A New and Accurate
T R E A T I S E
O F
COOKERY, &c.

According to the
Politest and most Improved Taste.

The Complete CATERER;
*Containing INSTRUCTIONS for the Choice and Management
of all kinds of POULTRY; and how to chuse all sorts of
BUTCHERS MEAT, FISH, BUTTER, EGGS, &c.*

THE Art of CATERING, or *Buying in Provisions* for a Family, and to know whether what is bought, be New or Stale, Young or Old, is so essential to COOKERY, that we cannot better enter upon this Treatise than with Instructions relating to those important Points. We shall therefore begin with the POULTERERS ART; and treat, first,

Of W A T E R - F O W L.

*How to chuse a Swan, Cygnet, or
other broad-footed Fowl.*

A SWAN, When killed, is either pull'd, or scalded; if full of hairs, then it is old; but if not,

then it is young. A young Swan is called a Cygnet.

A WILD GOOSE, If old, is red-footed, and full of hairs; if whitish-footed, and not full of hairs, it is young.

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A BROAD GOOSE, If full of hairs, when pul'd, is old; if not, it is young.

A TAME GOOSE, *scalded*, If it lie in water in a poulterer's shop, or elsewhere, rub your finger upon the breast of it; if it feel rugged or rough, it is new killed; but if it feel slippery or slimy, it is stale kill'd.

A TAME GOOSE, *dry-pull'd*, If red-footed, red-bill'd, and full of hairs, it is old; but if it hath a yellowish foot, and a yellowish bill, and not very hairy, you may be sure it is young.

A WILD DUCK, If fat, will feel thick and hard upon the belly; but if lean, thin and soft: and if new kill'd, it will be limber-footed; but if stale kill'd, will be dry-footed: and if it be right wild, it will be found to have a small red-dish foot.

A TAME DUCK, Must be chosen after the same manner as a Wild one, as to new or stale; but it has a thicker foot, blackish, and somewhat yellowish; but a Duck scalded, that lies in water in a poulterer's shop, or elsewhere, if new killed, is known by rubbing your finger upon the breast of it; for if it feel rough, it is new killed; but if it feel slippery or slimy, it is a certain mark of its being stale.

TEALS, If they feel thick or hard upon the belly, then they are fat; but if they feel thin, then they are lean; and if they are dry-

footed, they are stale kill'd; but if limber-footed, new kill'd.

LAND WIDGEONS, Are to be chosen as Teals.

A PIN-TAIL is almost as big as a Duck, and as good meat; and is to be chosen (as to good or bad, fat or lean, new or stale) as Ducks are.

A WATER WIDGEON is worse than a Land Widgeon a great deal; for it is very full of blood, and will eat rank, and look black, when dressed.

NUNS, Resemble Water Widgeons, in their qualities, and are also full of blood, and will eat rank, and look black when dressed.

A WHEWAR, Is like a Land Widgeon, but hath a broader bill, and is good meat.

A CURLEW, Hath a long hooked bill; if fat, it will be firm upon the belly; if lean, it will feel thin in that part; if new kill'd, it will be limber-footed.

A STONE CURLEW, Hath a short bill; but there is no great difference in the eating for goodness of meat between that and the Curlew.

An OLIVE, Is white-breasted, and black-back'd, and hath a small long red leg; it eats fishy and oily.

A STENT, Is about the bigness of a Jack-Snipe, and like-bill'd, but grey-feather'd, and a little shorter; it is very bad meat.

Moor-Hens, Dydappers, and Coots are good for nothing but sport.

Of LAND-FOWL.

A BUSTARD, Is as big as a Goose, and is the best, rarest, and dearest fowl in *England*; it hath no heel, and therefore most commonly is taken with grey-

hounds; 'tis seldom bought or sold in poulterers shops, or markets, but is deemed a worthy present to persons of rank.

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A PHEASANT COCK, If young, hath a short spur; but if old, a small sharp one: observe that it be not cut or par'd. If fat, it will have a fat vein upon the side of its breast under the wing; if new, it will have a fast firm vent; but if stale kill'd, a green vent; and if you do but touch it any thing hard with your finger, it will peel. But mind the vent is not stopp'd with loam, dust, or any other thing, as flour or such-like.

A PHEASANT HEN, If young, hath a smooth leg, and fine smooth-grain'd flesh; but if old, hath a rugged wrinkled-grain'd flesh, full of hairs, like an old yard Hen; if she be full of eggs, she will have a fast, but open vent, as a yard Hen hath; if not full of eggs, a close vent.

A PHEASANT POWT, Hath a fine smooth leg, and smooth-grain'd flesh: if it be green in the vent, or dry-footed, it is stale kill'd; but if limber-footed, and white in the vent, then it is new kill'd.

A HEATH COCK, If new, will be stiff and white in the vent, and limber-footed; and if fat, will be hard in the vent: if stale, it will be dry-footed, and green in the vent; and if you touch it hard with your finger in the vent, it will peel.

A HEATH POWT, *Male*, If new, will be stiff and white in the vent, and limber-footed; if fat, it will be hard in the vent; but if stale, it will be dry-footed, and green in the vent; and if you touch it hard in the vent, it will peel.

A GROWSE, is a female Powt; but male and female are of one bigness, when pull'd; if it be new, it will be stiff and white in the vent, and limber-footed; if stale, it will have a green vent, and be dry-footed. It is greyer than the male Heath Powt.

A WOODCOCK, If fat, will feel thick and hard in the vent, and have a fat vein upon the side of the breast under the wing; but if lean, it will feel thin in the vent; if new kill'd, limber-footed; if stale, dry-footed. Have a care that it hath not got a snotty nose, or a moorish muddy throat; you may know that, by squeezing the throat.

A PARTRIDGE, if old, hath a white bill, and a bluish leg; but if young, a blackish bill, and a yellowish leg; if new, it will have a fast firm vent; but if stale, a green vent, and will peel if you touch the vent hard with your finger; but you must have a care of the crop of it; for if it hath eaten green wheat, and is full-cropt, it will stink, and be green in the crop.

A SNIPE, If fat, will feel thick and fat in the vent, and have a fat vein upon the side of the breast under the wing; but if lean, it will feel thin in the vent. If it be new kill'd, it will be limber-footed; if stale, dry-footed; but have a care it hath not a snotty nose, nor a moorish muddy throat.

A GREEN PLOVER, Hath no heel, and if she be new and good, will be limber-footed; if fat, she will feel thick and hard in the vent; but if lean, she will feel thin in the vent; if stale kill'd, she will be dry-footed, and will keep the longest sweet and good of any Fowl in *England*.

A GREY PLOVER, Is like a Green Plover in bigness and goodness, and is to be chosen in the same manner.

A STONE PLOVER, Is like a Grey Plover, and about the same bigness; but eateth oily and fishy.

A BASTARD PLOVER, or **A LAPENT**, Is the worst of all, being far ranker in taste, and very full

of blood, and it looks black when dressed: If fat, it will feel thick and fat in the vent; and if new, limber-footed.

A BLACK-BIRD, If thick and hard in the vent, is fat; if limber-footed, new kill'd; but if thin in the vent, and dry, then it is both stale and poor.

A FELFAIR, If thick and hard in the vent, is fat; if limber-footed, it is new kill'd; but if thin in the vent, and dry-footed, then it is both stale and poor.

A MAVES, Is a little bigger than a Black-bird, and as good to eat: If fat, she will feel thick in the vent; and if new, limber-footed; but if poor, then she will feel thin in the vent; and if stale, dry-footed.

A FIELD-LARK, Hath a long heel: If fat, she will feel thick and hard in the vent; and if new, limber-footed; but if stale, she will be dry-footed, and peel in the vent, if you touch it with your finger.

A WOOD-LARK, or *Singing Lark*, Is smaller and greyer than the Heath Lark, and hath a long heel, like the Field Lark.

A TIT-LARK, Is as small as a Wood-Lark, and hath a heel like the other, and many times we have them come among our Field-Larks; they are all three known by the same marks, as to good or bad, new or stale.

BUNTENS, Commonly come among the Field Larks, and are sold with them, and for Larks; but they have not a long heel as the Lark hath; and they have a perfect tooth in the roof of their mouth, which may be felt by the finger.

A TURTLE-DOVE, For the most part is white, and has a bluish ring about its neck.

A STOCK-DOVE, Is bigger than a Wood-Pigeon, and better meat a

great deal, especially if larded and roasted very well.

A RING-DOVE, Is less than a Stock-Dove, and more bluish, but nothing near so good meat

A WOOD-PIGEON, or WOOD-QUIST, as some call it, is almost as big as a Stock-Dove, but nothing near so good meat.

A DOVE-HOUSE PIGEON, If new kill'd, will be stiff and firm in the vent; and if stale kill'd, limber and green in the vent; and if old, red-legged.

TAME PIGEONS, Are of divers sorts, and too well known to need further mention.

A PEACOCK, Is seldom used, except at great feasts; and then more to make a shew, than for the goodness of the meat.

A PEA-HEN is very fine meat, if young; but is seldom used, except for great feasts, or the like.

A PEA-CHICKEN, Is as fine meat as any Pheasant-Powt; or rather better, if new kill'd.

A TURKY-COCK, If young, hath a smooth blackish leg, and a short spur; but if old, a sharp spur and a red leg; if stale, he will be dry-footed, and his eyes will be sunk in his head; but if new kill'd, his eyes will stand firm in his head, as if alive.

A TURKY-HEN, If old, will have a red leg, and a rugged grain; but if young, a smooth grain: If full of eggs, she is fast and open-vented; if har-dvented, the contrary.

A TURKY-POWT, or CHICKEN, Is as hard to be pull'd as any fowl; but scalded, is as easy: Gentlemen are often deceived in these fowls; for large Hen-chickens with white legs are frequently sold for them; and if scalded and truss'd Turkey-fashion, and Turkey-sauce made to them,

them, it must be a good palate that can find it out, unless he had notice of it before.

A CAPON, If alive, will have a fat thick rump, a fat thick belly, and a fat vein under its wing on the side of its breast; and if young, it will have a short spur, and a smooth leg; but if old, a sharp spur: but have a care the spur be not cut, par'd, or scraped lesser; and if you mistrust it, press it upon the breast with your thumb; and if your thumb goes in easy, then it is young; but if hard, then it is old. If alive, have a care it be not bruised upon the breast with carriage, or have any sore or wen about it. If it be pale about the head, and have a short comb, then it is young; but if red about the head, it is no clean Capon.

A CAPON *and* A CAPONET, As to good or bad, fat or lean, new or stale, are to be known alike; but a Caponet hath a shorter spur, and is tenderer and younger meat.

A PULLET, If right good, will have a smooth leg and breast, and will pinch tender upon the breast. If full of eggs, she will be open in the vent, and soft in the belly; but if not, she will be hard and small in the vent.

A COCK, I need not say, is known by its red comb and gills: If it hath a short spur, not cut, nor par'd, and fat, it is fine food.

A HEN, In *January*, will spend better than the best Capon or Pullet that can be, if young, and full of eggs; and that you may know by her soft and open vent, and by her red comb.

A CHICKEN *dry-pulled*, If new kill'd, will be stiff and white, and firm in the vent; but if stale kill'd, will be limber, and green in the vent.

A CHICKEN *scalded*, When lying in water in a poulterer's-shop, or elsewhere, do but rub your finger upon its breast, and if it feels rough, it is new kill'd; but if it feel slippery and slimy, then it is stale.

A CRAMM'D CHICKEN, If fat, will have a fat rump, and a fat vein upon the side of the breast, like a fat Pullet.

A SHUFFLER, Is like a Duck, but not so big, and hath a broader bill. It is fed with red and white wheat boiled; also with malt, and bullock's liver cut in small pieces.

A GODWARD, hath a long bill like a Woodcock, and is fed with the same sort of meat as a Shuffler.

A RUFF, Is one of the strangest Fowls that is; for you shall see a hundred of them together; and not one of them like the other. It is fed with the same sort of meat as the Godward.

A KNOT, Is lesser than a Ruff, and is fed with the same sort of meat.

A MARREL, Is about the bigness of a Knot, and sold commonly for a Knot, to those who have no skill in them; but it is nothing near so good meat; it is grey-feathered like a Stent.

GULLS, Are a good deal bigger than Ducks. They are fed with bullock's liver cut in small pieces. This and plenty of water will make them very fat.

HEARNS, Are fed in the same manner as Gulls.

BITTERNS, Are also fed in the same manner with bullock's liver cut in small pieces, and be sure give 'em water enough.

A PEVET, Is generally kept alive by poulterers. It is fed with liver cut in small pieces, and must have plenty of water. If fat, it will have

a fat vein upon the side of the breast under the wing.

A DOTTRELL, Is about the bigness of a Thrush, but is redder breasted, and is as fine a bird for meat as can be bought for the bigness of it. If fat, it will have a fat vein upon the side of the breast under the wing, and will feel hard, fat, and firm in the vent, if new, it will be stiff in the body, and limber-footed; but if stale, limber and dry-footed.

A WHEATGEAR, Is a smaller bird than a Dottrel; but as fine meat as can be eaten: If fat, it will have a fat vein upon the side of the breast under the wing, and will feel hard, fat, and firm in the vent; if new, it will be stiff in the body, and limber-footed; but if stale, dry-footed.

A QUAIL, Is a fine bird, if fat; but *French* Quails are the best, and

will feel better than our *English* ones a great deal; it is a dogged bird, and will beat itself against the cage's sides, or flutter up to the top of the cage. The best way to make Quails fat, is to keep them dry and close together, and in the dark; but be sure let them always have meat and water enough before them. They may be fed with wheat, but hemp-seed is a great deal better.

Young or Old PARTRIDGES,
how to keep them alive.

Partridges are fed with wheat, or else with fresh cheese-curds, and give them milk to drink; you must keep them very warm with dry straw, and keep the cold from them; for if they are kept cold and dirty, they will fall away and die.

FOUR-FOOTED BEASTS.

How to know whether they are young or old, new kill'd or stale; and how to cure the Distempers incident to Poultry; and other matters necessary to be known by Country Housewives, &c. in relation thereto.

A HARE, If new kill'd, will be stiff; if large, white and clean, then she is good; if limber, she is stale kill'd, and the flesh will have a blackish hue.

A LEVERET, If new kill'd, will be stiff; but if stale kill'd, will be limber. If it be a right Leveret, it will have a small bone; if not, a knob on the outside of the fore-leg near the foot; and therefore you shou'd stroke your finger down upon the outside of the leg, near the foot; and if you feel this small bone, or knob, it is no Leveret, but a Hare.

A CONEY, If new kill'd, will

be stiff; but if otherwise, will be limber, and have a kind of slime upon her.

A RABBIT, If new kill'd, will be stiff; but if otherwise, will be limber: and if it be a right Rabbit, it will have a small knot or knob upon the outside of the fore-foot, a little above the joint.

When you have kill'd a Hare, a Leveret, a Coney, or Rabbit, you must let them be thoroughly cold before you truss them up in paniers or baskets; for if they are truss'd up hot, they will turn green and stink, and spoil presently, and particularly in the summer-time.

of

Of the Distempers incident to Conies, Hens, and other sorts of Poultry.

Of the ROT in Conies.] The Rot, incident to Conies, is occasioned by giving them too much green meat, or gathering their greens with the dew on them: it therefore they have it but seldom, the driness of the hay you give them, will drink up that moisture so pernicious to them, and keep them sound, without danger.

Of MADNESS in Conies.] It is ingendered by corrupt blood, occasioned by the rankness of their keeping. You will know it by their wallowing and tumbling with their heels upward, and leaping in their boxes: to cure them, you must give them thistles to eat, which will answer the purpose.

Of the PIP in Poultry.] A Pip is a white thin scale growing on the tip of the tongue, and will hinder Poultry from feeding. It is easy to be discerned, and proceeds generally from drinking puddle-water, or for want of water, or eating filthy meat. The cure is, to pull off the scale with your nail, and then rub the tongue with salt.

Of the RUP in Poultry.] The Rup is a filthy bile or swelling on the rump; it will corrupt the whole body: it is ordinarily known by the staring or turning of the feathers backwards. To cure this, you must pull away the feathers, and open the sore, thrust out the core, and then wash the place with salt and water, or with brine.

Of the FLUX in Poultry.] The Flux in Poultry comes with eating too much moist meat: The cure is, to give them peas and bran, scalded.

Of STOPPAGE in the Belly.] This is a distemper contrary to the flux, and assaults Poultry so, that they cannot move. To cure it, you must anoint the vents, and then give them small bits of bread, or corn steep'd in urine.

Of LICE in Poultry.] If your Poultry be much troubled with Lice; as it is common, proceeding from corrupt food, or want of bathing or fluttering in sand, ashes, or such-like; take pepper small beaten, and mixing it with warm water, wash your Poultry therein, and it will kill all sorts of vermin.

Of Poultry stung with any venomous worms, or other poisonous thing.] This you may perceive by their louring and swelling; in which case anoint them with Rue and Butter mixt together.

Of SORE EYES in Poultry.] In this case take a leaf or two of Ground-ivy; and chewing it well in your mouth, suck out the juice, and spit it into the sore eye, and it will assuredly heal it, as hath been often tried.

Of Hens that eat their eggs.] Lay in your nest a piece of chalk, cut like an egg, at which the hen will often be pecking; and losing her labour, she will refrain the thing.

Other Matters necessary to be known by Country Housewives, &c. in relation to Poultry.

Of making Hens lay soon and often.] If you feed your Hens often with toast taken out of ale, with barley

boil'd, or fishes, they will lay often and all the Winter.

How to make a Capon lead Chickens.] A Capon will lead Chickens, Ducklings, young Turkeys, Peahens, Pheasants, or Partridges, naturally and kindly; and by reason of the largeness of his body, will brood, or cover easily thirty or forty; he will lead them forth safely, and defend them from Kites, or Buzzards, better then the Hens. The way to make him take the charge, is with a fine small bryer, or else sharp nettles, at night, stinging all his breast and nether parts, and then in the dark set the chickens under him; the warmth or heat taketh away the smart, so he will fall

much in love with them; and whensoever he proveth unkind, you must sting him again, and this will make him never forsake them.

Of FEEDING and CRAMMING Capons.] The best way to cram a Capon, is to take barley-meal reasonably sifted, and mix it with new milk; make it into a good stiff dough-paste; then make it into long crams, or rowls, biggest in the midst, small at both ends, and wetting them in luke-warm milk, give the Capon a full gorge, three times a day, morning, noon, and night, and he will in two or three weeks be very fat.

How to feed and manage all sorts of BIRDS, to make them in good plight for the Table.

Of feeding the Partridge, Pheasant, and Quail.] These three are the most dainty of all other Birds: The Pheasant and Partridge you may feed both in one room, where you may have little boxes for them to run and hide themselves in the corners of the room; in the middle of the room you must have three Wheat-sheaves, two with their ears upwards, and one with the ears downward, and near unto them shallow tubs with water, that they may easily drink out of, and peck the ears of corn at pleasure; by this manner of feeding of them you shall have them as fat as is possible. As for Quails, the best feeding of them is in long flat shallow boxes, each box able to hold two or three dozen, the foremost side being set with round pins so thick that the Quail can but put out her head; before the open side set one trough full of Wheat, another with Hemp-seed, and another with Water, by which means in two or three weeks you will have them exceeding fat.

Of feeding Godwards, Knots, Ruffs, or Curlews.] To feed any of these Fowls, which are esteemed very dainty, and always fetch a good price, give them good Childer-wheat and water, morning, noon, and night, which will do it effectually; but if you intend to have them extraordinary, and will cram them, you must take the finest drest Wheat-meal, and mixing it with milk; make it into paste, and as you knead it, sprinkle into it the grains of small wheat till the paste be fully mixt therewith; then take little crams thereof, and dipping them in water, give to every Fowl according to his bigness, till their gorges be well fill'd; do this as often as you shall find their gorge empty, and in a fortnight they will be exceeding fat. With these crams you may feed any Fowl, of what kind and nature soever.

How to feed Blackbirds, Thrushes, Felfairs, or any other small Birds.] If these birds are taken wild and old, it is good to have some of their kind

kind tame, to mix among them; and putting them into a great cage, three or four yards square, place therein divers troughs, some fill'd with Haws, some with Hemp-seed, and some with water; the tame will soon teach the wild to eat, so that they will in twelve or fourteen days grow exceeding fat, and fit for the use of the kitchen.

A STARLING is one of the

worst Birds for the table, for it will eat bitter; but to keep alive, it is one of the best Birds to talk or whistle. There are two sorts of them, a Field-Starling, which breeds in a tree, and a House-Starling, which breeds in chambers, or in houses. A Cock-Starling hath a white throat, and a black streak underneath his tongue, which the Hen hath not.

Directions to know good BUTCHERS MEAT.

HAVING thus given Directions how to avoid being imposed upon in the choice of Poultry, as to old and young, new and stale, &c. we shall now give General Instructions to the Housekeeper or Caterer, how to chuse the best Provisions of the respective kinds of Butchers meat, Venison, &c. And first,

How to know good BEEF.] Right Ox Beef will have an open grain; the fat, if young, of a crumbling, or oily softness, neither tough nor spongy, except the Brisket and Neck-pieces, and those parts which are very fibrous: the lean is of a pleasant carnation-red, and the fat rather white than yellow. Cow Beef is of a closer grain, less boned, and of rather less colour, the fat whiter, and tender; if it be young, easily dents with your finger, but presently rises again. Bull Beef is of a more dusky red, closer and firmer than either Ox or Cow Beef, and harder to be dented with the finger, and suddenly rising again upon the least touch when it is so dented; the flesh brawny, the fat gross, very fibrous, hard to melt, and of a strong smell. There are but few signs to judge of the newness or staleness; only when new, it will be of a lively fresh colour; and when stale, of a darkish dull colour; but when the meat is cut in pieces where the

veins may be discern'd, observe as shall be presently shewn in Lamb and Veal.

When Beef has been over-driven, there will, upon pressing it hard, issue out a red juice from the veins, which will tincture your fingers, and it will also have a strong smell, like Bull Beef. If you should happen at any time to buy either of these to salt, make a strong brine-pickle, boil'd and well scumm'd, and put the Beef into it, when cold, for 24 hours; then take it out, and salt it with dry salt.

To know MUTTON, whether young or old, new or stale.] If Mutton be young, the flesh will pinch up tender, and presently fall down again; but if old, it will wrinkle, and continue so; if young, the fat will easily part; but if old, will stick faster, it being skinny and fibrous: but to try effectually, put some of it on a plate over a candle, or a gentle fire; and if it melt presently, it is young; but if it his

or

or melt slowly, it is old, or else *Ram Mutton*, which is also known by the closeness of the grain, and the deep redness and toughness of the flesh. *Ewe Mutton* is known by being more loose and pale than the flesh of Weathers; but the colour and firmness does in a great measure depend upon the different sorts of feedings. If the flesh is palish, the fat of a faint white, inclining to yellow, it is a certain sign of a rot. You may judge of the newness or staleness of it in the same manner as in the directions for Veal or Lamb.

To know Good or Bad LAMB.] When you would buy a Fore-quarter of Lamb, cast your eye on the vein in the Neck; and if it look of a yellowish hue, tho' the meat smell well at that time, yet it is about tainting, and will not keep good till the next day, if the weather be warm; and if it be greenish, it is already tainted: but if it look ruddy, or of a bluish colour, then it has not been long killed. If you buy a Hind-quarter, smell under the kidney, and try whether the joint of the knuckle be limber or stiff; and if there be a faint or ill scent in the one place, and (except it be killed when the creature is hot) an unusual limberness in the other, it is not for your purpose, unless you dress it immediately, and your price ought to be accordingly.

To know Good or Bad V E A L.] If the vein in the Shoulder appear as in Lamb, you by the same rule may chuse or refuse it; and also, if it is clammy and grows more than usual limber and soft, or if any spots of greenness appear about it, then it is tainting, or already tainted: it will smell musty, if wrapt in wet cloths. The Loin first taints under

the kidney; the Neck and Breast at the upper end, first shewing a faint yellow, and afterward a dusky green, which is the worst symptom of tainting. The leg is known to be good or bad, by the liveliness or changing of such veins, or the small streaks that appear in it, according to the former directions, as clamminess, &c. The flesh of a Bull-Calf is redder, and of a firmer grain than that of a Cow-Calf, and the fat more curdling.

To know Good and Bad PORK and BRAWN.] If you see little kernels in the fat of the pork, like small peas, then you may conclude it to be measly, and not wholesome. If the lean break, and feel soft and oily when it is pinched with the fingers, then it is young; as also if you can nip the skin with your nails, and the fat is soft and pulpy, like lard, you may know it is young; but when old, the lean will be tough, the fat very rough, spongy, and will not expand well between the finger and thumb, and the skin will be stubborn: these signs are likewise in the flesh of a pigging Sow, especially if the flesh be extraordinary flabby, and the skin crinkled. But if it is the flesh of a Boar, or a Hog gelt at full growth, then it will smell rammish, look redder than ordinary, or at least of a dusky red, and the fat and lean will feel harder and tougher than usual; the skin will be thicker, and not easily pinch'd up; and when it is, it will presently fall again. If you would know whether it be new or stale, try the legs and hands, or springs, at the bone that comes out of the middle of the fleshy part, by putting in your finger, and smelling to it, for it taints first in that place; the skin will also be sweaty and clammy.

my, when stale; but smooth and cool, when new; and in like manner you must judge of the rest.

BRAWN is known to be old or young, by the extraordinary or moderate thickness of the rind, and the hardness or softness of it. The best is made of a Barrow, gelt when it is about 9 or 10 months old, and killed when it is about two years old.

To know Good and Bad VENISON.] To try the Haunches and Shoulders, put the knife as directed in the next article for Hams; and if it have a good scent, there is no danger but it may spend well; and for other parts, observe the colouring of the flesh; if stale, it will look black, with some yellowish or greenish specks; if it be old, the flesh will be tough and hard, the fat more contracted, and of a skinny substance; the claws (if you can see them) will be large and broad spreading in the clefts, with a deep cleft, the heel horny and much worn; the gristles dry; and upon breaking the bone, you will find the marrow much spent.

To know the Defects of dried HAMS, and other BACON.] To

discover the defects in Hams, take a sharp-pointed knife, and run it under the bone in the inside of the Ham, about the middle; and quickly drawing it out, smell to it; and if it has a relishing flavour, and come out with little dawbing, then the Ham is good and sweet; but if it smell rank, and the knife be much clouded, and the vent it made cast a Hogo, then it is tainted; or if the fat, when it is cut, be firm, and well scented and white, it is a sign the Ham is good; but if loose and yellow, or of a rusty colour, it is not good; but if not already tainted, will be so in a short time. You may try a Gammon of Bacon in the same manner, and if the flesh stick close to the bones, and the fat to the lean, it is good; but if not, it is a sign the Hog was diseased, or it is inclining to be bad. When Bacon is rusty, it will be of a murrey colour in the extreme parts of the fat next the rind; the lean will be hard and pale, and sometimes of a dark dirty colour. If Bacon gives much in moist weather, and is flabby and soft, then it has not been well salted and dried; and therefore must be quickly used, or it will grow naught.

To know most sorts of FISH, whether new or stale, &c.

STURGEON.] If this fish be not well cured, it will never have its true goodness. To know this, cut it with a sharp knife; and if it crumble or shiver, and feel rough and brittle between your finger and thumb, it is not for your turn: but if it be good, it will be a little tough, and squeeze oily out, in a manner like wax, look white, and in some places have blue streaks or veins, the skin limber, feeling fat underneath, and emit a pleasant scent.

Boil'd SALMON.] If the scales are bright and shining, of a light azure colour, the skin, when press'd down, rising again quickly, the flesh of a blushing colour, the flakes parting kindly, and large, without breaking, feel oily and moist between your fingers, and of a pleasant scent, then it is good, and has not been made up again when damaged: But if the scales be cloudy, dark, easily slip off the skin, rough and stubborn, the flakes short, dry, and

and brittle, then is the goodness gone from it, and is either decay'd fish, or has been recovered by pickle after damage.

Turbots, Cod, Fresh Salmon, Carp, Pike, Bream, Roch, Trout, Grayling, Ruff, Chub, Tench, Eel, Barbel, Whiting, Smelts, &c.] These and all such-like fish when dead, if new, will be stiff, and their eyes well standing, of a lively colour for the time; but when they begin to taint, their own cold, slimy substance makes them limber, and the moisture falling from the brain, renders the eyes more dull to appearance, and, as it were, shrinking or sinking; their fins, tho' often wetted by the fishmongers to prevent it, will however crimple; shewing signs of approaching putrefaction, if not already tainted.

Those that are by nature red about the gills, have a peculiar mark besides all these; for the lively colour, as they grow stale, will fade, and become paler and paler, to a deadish colour: And by these rules you may generally make your judgment of all kinds of fish.

LOBSTERS.] The Cock is usually smaller than the Hen, and of a deeper red, when boiled; neither has it any spawn or seed under its tail.

To know whether these be new or stale, unbind the tail, and if it be stiff in opening, and snap to again, then it is new; but if limber and flagging, it is stale: If new, it has a pleasant scent at that part of the tail which joins to the body; if stale, a rammish faint scent. If it is spent, a white scurf will issue out among the roots of the small legs, and at the mouth. To see whether it is full, open it with the point of a knife, on the bend of the tail, as it is tied down; and if

it fill the shell there, and be red, hard, and pleasant-scented, it is good; but if sinking and soft, it is spent and wasted; for the fishmonger, to deceive the ignorant buyer, will only open them at the extreme part of the tail; and tho' they be wasted, they will appear well enough there. If you suspect the claws filled with water, to make them weighty, as sometimes they do, pull out a plug you will find there, and the water will gush out.

CRAB-FISH, Great and Small.] If stale, the joints of their claws will be limber, the colour of their shells of a dusky red, and an ill scent just under the throat; their eyes will be very loose, turn any way with the tip of your finger, and sink inward.

PRAWNS and SHRIMPS.] If new, they will be hard and stiff, cast a pleasant scent, and their tails turn strongly inward; but if stale, then limber, and will fade in their colour, scent faintly, and will feel clammy, unless in that to deceive you they have new-washed them; however, if they have, you may know it by their limberness and colour.

SALT COD, and OLD LING.] Are known to be good, when the flakes rise well and oily, the bone parts clean from the flesh, and they are of a bright, natural colour, and good scent; but they are bad when they break short, are hard and dry, change colour, the bone dry and discolour'd, the skin rough, and sticking close, not well to be stirred or removed.

PICKLED HERRINGS, and PILCHARDS.] Open the back; if the flesh be soft and mellow, kindly parting from the bone, comes out in long flakes, the bone white, and somewhat inclining to a light red, then

then are they new and good ; but if the flesh stick to the bone, be brittle and rough, the bone of a yellowish, blackish, or murry colour, they are rusty, and of little worth.

RED HERRINGS.] If they carry a good gloss, and the flesh part kindly from the bone, and they be of a light, bright colour, they are good ; but the contrary shews them decayed or rusty.

FRESH HERRINGS, and MAY-CRIL.] Their newness or staleness is known by their keeping or losing their lively shining redness on their gills ; for a deadish, fading colour, the frog within their gills turning dusky or blackish, with an ill scent, their fins crimpling and limber, and their eyes looking dry and dull, shew that they are stale, whereas the contrary denotes them new.

PLAICE, or FLOUNDERS.] If they be alive, this scrutiny needs not ; but if the contrary, see if their eyes are any ways sunk, or look very dull ; if they be limber, and have an unusual cold, clammy slime upon them, then are they stale ; but if they be stiff, their eyes clear and moderately dry, their fins stiff, and not crimpling or shriveling together, it is a sign of newness, or that they have not long been dead.

To distinguish these the one from the other, they being much alike in shape, observe these directions :

The *Plaice* has red or orange-colour'd spots on her back, her fins more spreading, of a tawnyish or brown colour on the back, and a more earthy white belly, her mouth standing, as it were, more awry.

The *Flounder* is dusky, or cloudy on the back ; without spots, thicker, and more compacted, and a kind of an azurish white belly.

MAIDS and THORNBAC.] The staleness appears in these, by their eyes beginning to sink, and look dull, their flesh feeling flabby, and a slimy matter coming from their vent, their lips beginning to hang, and the corners of their mouths to be corrupted : But when no such bad signs appear, they may well enough pass for new.

These fish are held to be one and the same in kind ; but the Maid growing old, has thorns or prickles growing out upon her back, and is from thence called a Thornback.

ANCHOVIES.] Open the cork in the middle of the head of the barrel, put in your little finger, and taste the pickle ; if it tastes mellow, has a good relish, and looks of a dusky red, then it is the natural pickle, and they may prove well ; but if it be whitish, watery, rough, and very brackish, it signifies new pickle has been put to them. But to try the fish, open the backs of two or three of them ; and if the flesh be of a pleasant red, soft and mellow, the bone moist and oily, the flesh easily parting to good lengths, without breaking, then are they good ; but if it be stiff, brittle, of a dusky colour, the bone dry and of a whitish yellow, or blackish, then they are decay'd, or have been rusty, and artificially recovered, and consequently naught.

To preserve Fish a while when near tainted.] This is meant of fresh fish : The best way to do it, if they are not too far gone, is, Take out their guts, but do not wet them with water ; then sprinkle them within and without with salt, and lay them in rows, on flags or rushes, in a cool dry cellar, but suffer them not to touch one another ; then cover them with Hyssop, or Winter-savoury, and so they will keep 24 hours.

hours pretty well, the herbs drawing the scent from them, and the rushes the moisture and slime; but they will afterwards be better boiled

or baked, than fry'd, stew'd, or roasted, unless they are stew'd with spice and wine.

How to buy Butter and Eggs, and chuse good Cheese and Bread.

IF you are to buy Butter, especially of Higgers or Carriers, or of such as you suspect they have sold it to, take not the taste they give you, but taste it yourself at a venture, lest a well-tasted and scented piece may be purposely placed in the pound to deceive you; for when salt Butter is rank and decay'd, they work it up with water, and make fresh Butter of it, such as is sometimes cry'd about for four pence-halfpenny a pound; for the water, by much working, takes out the saltiness, and much of the rank scent; but then the strength and nourishing part is lost, and in melting it turns to a faint oil, or wheyish substance, not fit for use. Salt Butter is better scented than tasted, by clapping a knife into it, and presently putting it to your nose: If it be a cask, trust not the top only, for that may be purposely packed; but unhoop it to the middle, and thrust your knife there through the crevice of the staves; and so you may be too hard for the deceiver.

Eggs are sometimes brought by sea, and sometimes far by land, and consequently long in coming, and so grow naught. To know this, if you have not the opportunity of a candle, hold them up against the sun; and if the white appears of a muddy or cloudy colour, and the yolk lies not round, or is broken in any, then are they naught; but if they be clear and fair, then they are good. If you have none of these

advantages, you may inform yourself by shaking them; and if they swag much, they are wasted, and perhaps their yolks are broken, and they addled; tho' some new eggs will shake a little, but not squash so as you can hear the shaking to any purpose. The best way to keep them long, is in Bran, or Meal, tho' some do it in sand.

How to judge of good CHEESE and BREAD.] I shall say little of these, because every one loves to please his palate herein; tho' if the larger sorts of cheese be very rough-coated, dry, and rough or rugged, as if worm-tracks appeared, beware of weavels, little worms, or mites in it: If it be over-moist and spongy, 'tis subject to maggots; two defects proceeding from ill making. If you see any soft or perish'd places on the outsides, try them with a cheese iron, or scoop, to know how far they go, that you may know what you buy.

If among your Bread you find little knots or knobs, old bread has been mash'd with it. If your bread tastes sweet, it has been made of grown corn, and will soon be musty: If it be gritty or rough, then is it made of smutty or washed corn, that has lost much of its virtue and nourishing quality, by washing, drying on kilns, and the like: If rye be mix'd among wheat, the bread will be more moist, and of a sad colour, and any reasonable palate may taste and discern it.



AS Apples, Pears, Quinces, Nectarines, Peaches, and other sorts of fruit contribute so large a share to the *Pastry*, and the *Dessert*; our Readers will doubtless be well pleased with the following useful Article.

The MYSTERY of the FRUITERS;

CONTAINING

The most approved ways to gather, keep, and order divers sorts of FRUIT and BERRIES, to have them sound, and with their natural Scent and Taste, in all Seasons of the Year.

Of gathering Fruit in Season, &c.

IN gathering Fruit in season, if you design them to be long lasting and unperished, there ought to be great care taken: Wherefore in general, for all Fruits growing on Standard-trees, you must have such a ladder as may bear lightly on the boughs, so as not to endanger their breaking, and bruising the Fruit.

Gather your Fruit by the stalks, to prevent bruising of them; do it when they are well ripening, but not over-ripe; and have a basket to put them in, with a hook to hang on the round of the ladder, or some convenient boughs, laying fern or nettles in the bottom, to keep 'em from pressing by their weight too hard; lay them gently in, and as gently out into the Receiver, and never proceed to gather them in a wet day, nor so early in the morning as that the sun has not time to draw up the moisture from them, lest the dampness soon perish them; and where fruit, especially Stonefruit, is not all ripe at once, gather them as they ripen, and so those that remain (having the greater advantage of the sap) may ripen the kinder, and grow larger: Gather

those that have no stalk to hold by, with a tender hand; lay them not on heaps, but singly on nettles, or some such weeds not offensive in smell; and they will not only perfect their ripeness, but sweat out their superfluity, and be sweeter in taste. Keep them in dry places; and if the weather be hot, let the cool North, East, or West winds breath on them, by the opening of windows, or other conveniencies, in clear, dry days.

To know whether Pears or Apples be ripe, gather one from the middle of the tree, cut it in the middle, and if there be a great hollowness, and the kernels seem loose, they are of a sufficient ripeness.

Apricots, Nectarines, and such-like, are known in ripeness by the stones easily parting from the fruit, and growing of a dusky colour. As for other things, your judgment will direct you, by seeing, handling, smelling, and tasting.

When you gather Quinces, rub off gently the woolliness, pack them in straw, and in a dry cask, with a layer of Straw between each layer of fruit; for they are very subject to mouldiness and rotting upon the least contracted moisture, and must be

be placed at a distance from other fruit, because their scent is offensive to them.

If you gather Medlers, or Services, you must do it before they are ripe, just when they are turned brown; and by laying the first in straw, thinly, and hanging the other upon lines in bunches, they will kindly ripen of themselves.

As for your winter apples, it is proper to gather them without the stalks, because the stalks will soonest perish and wither.

How to stow and order Fruit, the better to keep them sound and long in the Fruit-loft, or Ware-house.

1. Your Winter-fruit, in this case, must not be too hot nor too cold, too close nor too open, but removed from all offensive smells; for if any be near them, they will be apt to attract it, and spoil their taste, also it will corrupt them.

2. The proper place to stow 'em in, is a low room or cellar, clean and sweet, either paved or boarded, but not too stifling or close; and into these it will be proper to lay or shift your Winter-fruit at *Christmas*; and with shifting and airing at convenient times, you may let them continue there till the middle of *March*, stopping in extreme frosty weather all the crevices with a little straw, to keep out the frost and bleak winds.

3. When the warm air returns, brought by the influence of the sun, if you find any considerable defect among your Fruit, remove them from those close places to airy, lightsome, ceiled rooms, giving them fresh straw, and leaving a window open in all clear, dry days, letting in the sun-beams as much as may be. Observe, that when you

have placed your Fruit in cellars, there be no damp, sweaty walls; for they will cast a mouldiness, and that will bring a specking, and total rot in time among them; beside, it much abates the natural taste and scent of those that remain sound; and thus you may order them till *Michaelmas*. Some sorts of fruit there are that rarely last beyond *Allhallow-tide*; but by this management they have been kept much longer well condition'd.

To rub them over with the juice of *Spear-mint*, but not to let the moisture long continue on them, is a great preserver of Winter-fruit.

4. Those that are earliest subject to decay, it is proper they should be laid by themselves: Those that usually continue till *Christmas*, by themselves: Those that usually continue till *Shrove-tide* by themselves; and Pearmains, John-Apples, Pippins, and Winter-Russettings, which last all the year, are proper to be laid by themselves.

5. As for Pears, they keep very long, many of them all the year; as, the Winter-Bon-Chrestien, the Great Kareville, the Black pear of *Worcester*, the Blossom-pear, &c.

6. There are other apples than what I have named, that may be managed to keep till new ones come again; viz. the Golden-Ducat, the Bon-Pearmain, the Reneting, and many more I might name; but they being well known to those who deal in fruit, for brevity's sake I omit.

7. As for those that are speck'd, take them away, and dispose of them whilst a good part remains sound, lest they infect the rest. Put no fallings among lasting fruit, but rather make Cyder, Perry, Pies, Tarts, &c. of them, which will turn to a greater advantage. You need

need not turn the most lasting fruit, unless you see great occasion, till *Christmas*, and then shift their straw, if it be any-ways damp; however, turn it well, and lay it hollow; then you may let them remain till *Whitsuntide*, and ever observe in your turning, to lay your heap lower and lower: But observe never to handle any in a great frost, but those you take for present use, unless they lie in a very warm cellar; nor for a time afterward, because at any considerable thaw their giving and dampness makes them soft, and the least bruise will subject them to rot: also in great rains, or exceeding damp airs, forbear to meddle with them; yet set open the windows, if the weather be warm, to air them.

8. Whether you are to carry them by water, or by land, observe you do it not in frosty weather, nor in *March*, when the winds are sharp and high; nor in the extreme heat of summer; but in moderate weather, and they will be the longer lasting.

To keep Grapes, Goosberries, Apricots, Peaches, Nectarines, Cherries, Currans, and Plums, the whole Year.

Take fine dry sand, that has little or no saltiness in it; make it as dry as possible, with often turning in the sun; gather your fruits when they are just ripening, or coming something near ripeness; dip the ends of their stalks in melted pitch, or bees wax; and having a large box, to shut down with a close lid, dry your fruit in the sun a little, to take away the superfluous moisture, and lightly spread a laying of sand in the bottom of the box, and a laying of fruit on it, but not too near each other; then scatter sand,

with much evenness, about an inch thick over them, and so another laying, till the box be full; then shut the lid down close, that the air may not penetrate; and always, as you take out any, lay them even again; and so you will have them fit for Tarts, or other uses, till new ones come again; and if they are a little wrinkled, wash them in warm water, and it will plump them up again. You may use Millet, instead of sand, if you think it convenient.

To keep Figs and Stone-fruit sound, and fit for use, all the year.

Take a large earthen pot, put the fruit into it in layings, their own leaves being between them; then boil up water and honey, scumming it till no more will rise; but make it not too thick of the honey, and pour it in warm to them; stop up the vessel close; and when you take them out for use, put them two hours in warm water, and they will have in a great measure their natural taste.

To keep Strawberries, Raspberries, Currans, Goosberries, and Mulberries.

Take new stone-bottles, air them well in the sun, or by a fire; dry your fruit from superfluous moisture, to prevent its sweating; take off the stalks, and put them into the empty bottles, by a fire, that may draw out as much of the air as may be; then suddenly cork them up, and tie down the corks with wires; let the corks be sound, and not any-ways visibly porous; for if they be, the air will come in abundantly, and corrupt the fruit; then in a moderately cool place cover the bottles with sand, laying them sideways, and the closeness will preserve them.

Some Observations in buying Fruits, English and Foreign.

AS for Cherries, Strawberries, Apricots, Plums, Currans, Goosberries, Mulberries, Malacatoons, or the several sorts of Peaches, or any such-like fruits, your taste, feeling, and eye, will inform you whether they are ripe, under-ripe, or over-ripe; some delighting in them in one condition, and some in another: But my purpose reaches farther, which is to prevent your buying perish'd, prick'd, or musty fruit, which may yet bear a fair outside, and deceive you.

If you doubt Pears, whether sound or not, tho' they may feel well; pull at the stalk, and if it comes out easily, with the spires belonging to it, and they look of a rusty, darkish colour, then is the Pear perishing at the core.

In Apples, tho' outwardly appearing firm, if there be a speck where the stalk grew, the core is perishing, and they will not long keep, if they be not already decay'd. And the like observe by Quinces, at either

end, either the stalk-place, or the blossom-end; for either of these two places being speck'd or tainted, they are more dangerous than any speck, tho' much larger, in another place, because they putrify to the heart or centre. Mustiness in these fruits is discerned by their roughness, and deadish or palish colour, to what in their lively condition they seem.

Oranges and Lemons, whether dry, or full of juice, are known by their weight; their goodness by their perfection of colour: if they be prick'd, they will be soft, and some spots appear, or bruised places; then they are for the most part black at heart, and perishing.

Pomegranates are known to be full or empty, by their rattling, or not rattling; their goodness by the redness of their berries or seeds.

As for *ROOTS, HERBS, FLOWERS, &c.* it is unnecessary to give an account of them, they being so well and commonly known to the buyer.



TERMS of ART in CARVING.

B Arbel <i>to tusk</i>	Eel, <i>to tranfon</i>	Pheasant, <i>to allay</i>
Bittern, <i>to disjoint</i>	Egg, <i>to tire</i>	Pigeon, <i>to thigh</i>
Brawn, <i>to leach</i>	Flounder, <i>to sauce</i>	Pike, <i>to splat</i>
Bream, <i>to splay</i>	Goose, <i>to rear</i>	Plover, <i>to mince</i>
Bustard, <i>to cut up</i>	Haddock, <i>to fide</i>	Quail, <i>to wing</i>
Brew, <i>to untach</i>	Hen, <i>to spoil</i>	Salmon, <i>to chine</i>
Capon, <i>to souce</i>	Hern, <i>to dismember</i>	Small Birds, <i>to thigh</i>
Chevin, <i>to fin</i>	Lamprey, <i>to string</i>	Sturgeon, <i>to tranch</i>
Chicken, <i>to frush</i>	Lobster, <i>to barb</i>	Swan, <i>to lift</i>
Coney, <i>to unlacc</i>	Mallard, <i>to unbrace</i>	Tench, <i>to sauce</i>
Crab, <i>to tame</i>	Partridge, <i>to wing</i>	Trout, <i>to culpon</i>
Crane, <i>to display</i>	Pasty, <i>to border</i>	Turkey, <i>to cut up</i>
Curlew, <i>to untach</i>	Peacock, <i>to disfigure</i>	Woodcock, <i>to thigh</i>
Deer, <i>to break</i>		

INSTRUC.

INSTRUCTIONS for CARVING, according to the foregoing Terms of Art.

To unjoint a Bittern.] Raise the wings and legs as a Hern, which see, and use no other sauce but salt.

To cut up a Bustard.] See Turkey.

To sauce a Capon.] Lift up the right leg, and so array forth, and lay in the platter; serve your Chickens in the same manner, and sauce them with green sauce, or verjuice.

To unlace a Coney.] Turn the back downward, and cut the flaps or apron from the belly or kidney; then put in your knife between the kidneys, and loosen the flesh from the bone on each side; then turn the belly downward, and cut the back across between the wings, drawing your knife down on each side the back-bone, dividing the legs and sides from the back: pull not the leg too hard, when you open the side, from the bone, but with your hand and knife neatly lay open both sides from the scut to the shoulder; then lay the legs close together.

To display a Crane.] Unfold his legs, then cut off his wings by the joints; after this take up his legs and wings, and sauce them with vinegar, salt, mustard, and powder'd ginger.

To unbrace a Duck, or Mallard.] Raise up the Pinions and Legs, but take them not off, and raise the merry-thought from the breast; then lace it down each side of the breast with your knife, wriggling your knife to-and-fro, that the furrows may lie in and out. After

the same manner unbrace a Mallard.

To rear a Goose.] Take off both legs fair, like Shoulders of lamb; then cut off the belly-piece round close to the end of the breast; then lace your Goose down on both sides of the breast half an inch from the sharp bone; then take off the pinion on each side, and the flesh which you first laced with your knife; then raise it up clean from the bone, and take it off with the pinion from the body; then cut up the merry-thought; then cut from the breast-bone another slice of flesh, quite through; then turn up your carcase, and cut it asunder, the back-bones above the loin-bones; then take the Rump-end of the back-bone, and lay it in a dish, with the skinny side upwards; lay at the fore-end of it the merry-thought, with the skinny side upwards, and before that the apron of the Goose; then lay the pinions on each side contrary, set the legs on each side contrary behind them, that the bone-ends of the legs may stand up cross in the middle of the dish, and the wing-pinions may come on the outside of them; put the long slice, which you cut from the breast-bone, under the wing-pinions on each side, and let the ends meet under the leg-bones, and let the other ends lie cut in the dish betwixt the leg in the pinion; then pour in your sauce under the meat, throw on salt, and serve it to table.

To dismember a Hern] Take off both the legs, and lace it down the breast

breast on both sides with your knife, and open the breast-pinion, but take it not off; then raise up the merry-thought between the breast-bone, and the top of it; then raise up the brawn; then turn it outward upon both sides, but break it not, nor cut it off; then cut off the wing-pinions at the joint, next the body, and stick in each side the pinion in the place you turn'd the brawn out; but cut off the sharp end of the pinion, and take the middle piece, and that will just fit in the place. You may cut up a Capon or Pheasant the same way.

To unbrace a Mallard.] This is done the same way as to unbrace a Duck; which see.

To wing a Partridge.] Raise the legs and wings, and sauce them with wine, powder'd ginger, and a little salt.

To allay a Pheasant.] Do this as you do a Partridge, but use no other sauce but salt.

To wing a Quail.] Do this the same way as you do a Partridge.

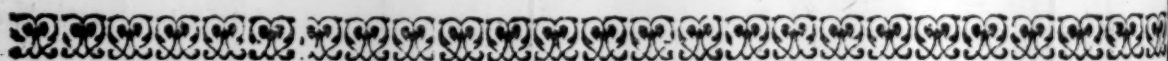
To lift a Swan.] Slit the Swan down in the middle of the breast, and so clean through the back, from the neck to the rump; then part it in two halves, but do not break or tear the flesh; then lay the

two halves in a charger, with the slit sides downwards; throw salt upon it; set it again upon the table; let the sauce be chaldron, and serve it in saucers.

To break a Teal.] Do this the same way as you do a Pheasant.

To cut up a Turkey.] Raise up the leg fairly, and open the joint with the point of your knife, but take not off the leg; then with your knife lace down both sides of the breast, and open the breast-pinion, but do not take it off; then raise the merry-thought betwixt the breast-bone, and the top of it; then raise up the brawn; then turn it outward upon both sides, but break it not, nor cut it off; then cut off the wing-pinions at the joint next the body, and stick each pinion in the place you turned the brawn out; but cut off the sharp end of the pinion, and take the middle piece, and that will just fit in the place. You may cut up a Bustard, a Capon, or a Pheasant, the same way.

To thigh a Woodcock.] Raise the wings and legs as you do a Hen, only lay the head open for the brains; and as you thigh a Hen, so you must a Curlew, Plover, or Snipe, excepting that you have no other sauce but salt.



A BILL of FARE, for every Month in the Year.

JANUARY.

First Course.

SOUPS of Pease, Gravy, Herb, Fish, Vermicelli, &c.

Fish; as Bisque of Fish, Carp, Soles, or Tench stew'd, Turbot, Flounders, Plaice, Cod, Thornback, or Scate boil'd, &c. Whittings broil'd or boil'd

Bacon or pickled Pork, and Fowl and Greens in one dish.

Calf's head, or Knuckle of Veal and Bacon and Greens

Collar of Brawn

Leg of Pork boil'd with Turneps and Pease Pudden

Leg of Lamb and Spinach

Brisket of Beef stew'd

Ache-bone of Beef, or Rump, either boil'd

boil'd with Greens, or roasted with Horfe-radish, &c.

Turkey and Chine

Neats Tongue and Udder

Pullets roasted and Eggs

Veal, roasted, ragou'd, boiled, &c.

Pastry; as, Puddens and Pyes of various Sorts, Pancakes, Fritters, minc'd Pyes

Scots Collops

Brocoli, Asparagus, Spinach, Cabbage-Sprouts, Coleworts, Cabbages, Savoy, Red and White Beets, Carrots, Potatoes, Horfe-radish, Onions, Parsnips, Turneps, Leeks, Thyme, Sage, Parsley, Celery, Endive, Winter-favoury, &c. are Garden stuff, to be had in this Month, as well as in the succeeding Spring Months.

Second Course.

Poultry; as, Wild Fowl of all sorts, Goose or Turkey, Chickens roasted with Asparagus

Fish; as, Jowl of Sturgeon, Marinated Fish

Roast Beef with Greens, or Horfe-radish

Quarter of Lamb

Hare roasted, with a Pudden

Chine of Mutton roasted, with Pickles

Pig roasted, or collar'd

Calf's Head, or Hog's Head roasted

Dry'd Tongues

Pastry; as Butter'd Apple-pyes, hot, Lamb and other Pyes

Fruits of all Sorts; or Sweet-meats.

F E B R U A R Y.

First Course.

Soups of different sorts

Poultry; as Hen, or Turkey, with Oyster sauce, or Eggs

Fish; as, Turbot, Cod's head, &c. boil'd; Tench, Carp, &c. stew'd;

Pike roasted, with a Pudden in its belly; Whiteings, Plaife, Flounders, boil'd or broil'd; Eels spitchcock'd, or broil'd, or boil'd

Salt Fish and Eggs, or Parsnips

Salmagundy

Scots Collops

Ham and Chickens, with Sprouts, or Brocoli, Lupines, &c.

Beef Marrow-bones, and black Puddens

Chine of Mutton and Caper sauce

Marrow and other Puddens.

Second Course.

Poultry; as, Chickens and Asparagus, roasted Partridges, or Quails, Squab Pigeons, Young Rabbits roasted or fricasy'd; Turkey

Fish; as, Sole, Flounder, Lobster, Sturgeon, &c.

Pastry; as, Tarts, Cheefe-cakes, Pear-pye and Cream, hot Butter'd Apple-pye, &c.

Sweetmeats

Fruits of all Sorts,

M A R C H.

First Course.

Soup of Gravy, Herbs, Fish, Pease, &c.

Fish of all sorts, either fry'd, broil'd, stew'd, or boil'd; as, Carp, Tench, Turbot, Mulletts, &c.

Neats Tongue and Udder, with Greens, Roots, &c.

Stew'd Veal

Knuckle of Veal boil'd with Greens

Ham and Chickens, or Pigeons

Ache-bone, or Buttock of Beef, with Greens and Roots

Ache-bone, or Rump, or Sir-loin, or Ribs of Beef roasted, with Pickles, Horfe-radish, &c.

Pastry; as, Marrow Puddens, Hogs Puddens, Almond Puddens, Batafia, and other Pyes.

Second Course.

Poultry; as, Chickens and Asparagus, Knots, Ruffs, Reeves, or Ducklings, Quails

Fish; as, Broiled Pike, Salmagundy

Pastry; as, Skerret-pye, Tongue slic'd with Butter, Pear-tarts, with Cream, Jellies of all sorts, Puffs of Apples, Marrow-puddens, Yolks of Eggs, &c. Shrewsbury Cakes, &c.

Fruits of all sorts; as, Apples, Pears, Figs, China Oranges, dry'd Grapes, French Plums, Almonds, Raisins, in this as in the Two preceding Months.

A P R I L

First Course.

Poultry; as, Bisque of Pigeons, Rabbits or Chickens fricasy'd.

Fish; as, Maycril with Goosberry Sauce, if to be had; Carp, Tench, &c. stew'd or boil'd.

Beef boil'd, roasted, or stew'd

Calf's head or Knuckle of Veal, or Fowls with Bacon and Greens, as Brocoli, Spinach, &c.

Neck of Veal boil'd with Rice

Ham and Chickens, or Pigeons, with Brocoli, or other Greens

Chine of Veal or Leg of Lamb, with Spinach, boil'd or stew'd

Scots Collops

Pastry; as, Lumber-pye, Veal or Lamb-pye, &c.

Second Course.

Poultry; as, Green Geese, Ducklings roasted, or sucking Rabbits, Chickens, and Asparagus

Fish; as, Butter'd Sea-Crabs, fry'd Smelts, roasted Lobsters, Lobsters and Prawns, Crab-fish, Marinated Fish, pickled Salmon or Herrings, souc'd Mulletts

Roast Lamb, with Cucumbers or French Beans, if to be had

Pastry; as, Hot buter'd Apple-pye, Tarts, Cheese-cakes, Custards, Rock of Snow and Syllabubs

Fruit of all sorts; as, Nonpareils, Pearmains, Russet-pippens, Bonchretien Pears, &c. Cherries and Raspberries, if to be had.

M A Y.

First Course.

Poultry; as, Roasted Fowls, forc'd

Fish; as, Jowl of Salmon, boil'd with Smelts, &c. Carp and Tench stew'd; Collar'd Eel with Crayfish, &c. Roasted Lobsters, Bisque of Shell-fish

Boil'd Beef, Mutton, Veal, with Greens, Roots, &c.

Calf's Head

Breast of Veal ragou'd

Chine of Mutton with Pickles

Neats Tongue and Udder, roasted or boil'd, with Cauliflower or Brocoli, if to be had

Beans and Bacon

Pastry; as, Boil'd Puddens of several sorts, Chicken or other Pyes

Second Course.

Venison; as, Haunch of Venison, Leverets or Fawn roasted, Quarter of Kid, &c.

Poultry; as, Turkey-pouts or Quails, young Ducks, Green Geese, roasted

Fish; as, Collar'd Eels, roasted Lobsters, Prawns, or Cray-fish

Asparagus upon Toasts

Green Pease

Pastry; as, Orangado-pye, Tarts, Custards, Cheese-cakes, Creams, &c.

Fruits; as, Apples, Strawberries, Cherries, &c.

J U N E.

First Course.

Venison; as, Haunch roasted or boil'd, with Cauliflowers, French Beans, &c.

Poultry;

Poultry; as, Fricasfy of Chickens, or young Rabbits; boil'd Pigeons with Bacon and Greens

Fish; as Stew'd Carp, Tench, Soles, boil'd Trouts, Mulletts, Maycril, Salmon, roasted Pike, or Barbels

Lamb and Mutton with Cauli-flowers, Cabbages, Kidney-beans, &c.

Beans and Bacon

Breast of Veal ragou'd

Ragou of Lamb-stones and Sweet-breads

Westphalia or *Yorkshire* Ham, with young Fowls

Beef and Cauliflowers

Roasted Pig

Pastry; as, Marrow Puddens, Venison Pasty, Umble Pye, &c.

Second Course.

Venison; as, Roasted Fawn, Levers

Poultry; as, Pheasants or Turkey Pouts, young Ducks, young Rabbits, Quails

Fish; as, Lobsters, Prawns, or Crayfish, Jowl of Sturgeon, Fry of spitchcock'd or collar'd Eels, Chine of Salmon, butter'd Crabs

Pease, or Skirrets

Pastry; as, Potatoe Pye, Tarts, Custards, Cheese-cakes, Creams, Jellies, Syllabubs

Fruits of all sorts; as, Cherries, Raspberries, Strawberries, Junetin Apples and Pears, some early Figs, Currans, early Apricots.

J U L Y.

First Course.

Venison; as, Haunch roasted or boil'd

Poultry; as, Pigeons, Fowls and Bacon, &c. Green Geese

Fish; as, Fresh Salmon boil'd, Carp and Tench stew'd, Maycril, Turbot, Trouts, boil'd with butter'd Lobsters

Beans and Bacon

Calf's head, with Bacon and Greens, or Cauliflowers;

Scots Collops

Chine of Veal

Pig, larded

Beef, or Mutton, boil'd or roasted Ham and Chickens, with Cauliflower, Cabbage, &c.

Roasted Geese, or Ducklings

Pastry; as, Pigeon Pye, Pudden of several sorts; Patty Royal, &c. Venison Pasty.

Second Course.

Venison; as, The Shoulder roasted; Potted Venison, in slices; Hare, roasted

Game and Poultry; as, Young Ducks, tame or wild, Partridges, Quails, Pheasant Pouts, Turkey Pouts, Pigeons, Rabbits, &c.

Fish; as, Sauced Maycril, Lobsters, or Prawns, Marinated Fish

Potted Beef in slices

Collar'd Beef in slices

Pease.

Pastry; as, Tansy. Tarts, Custards, Cheese-cakes, Jellies

Fruit; as, Pine Apples, Plums, early Grapes, early Peaches and Apricots, Currans, Goosberries, Raspberries, some Strawberries, Apples, Pears, Cherries, Filberts.

A U G U S T.

First Course.

Venison; as, Haunch boil'd, with Cauliflowers, Cabbages, or French-beans; or roasted with Gravy and Claret sauce

Poultry; as, Fricasfy of Chickens or Rabbits, forc'd Fowls, or Fowls à la Daube; Rabbits and Onions, roasted Turkeys larded, Green Geese.

Fish; as, Tench or Carp stew'd, Bisque of Fish

Pig roasted
 Beef à-la-mode
 Beans and Bacon
 Chine of Mutton with Pickles, or
 French Beans, or stew'd Cucum-
 bers
 Ham and Chickens
Pastry; as, Pigeon Pye, Umble Pye,
 Venison Pasty
 Florendines.

Second Course.

Poultry; as, Turkey Pouts, Phea-
 sants or Partridges, roasted Chic-
 kens, young Ducks
Fish; as, Lobsters roasted or cold,
 Butter'd Crabs in shells, or on
 Toasts, Broil'd Pike, Spitchcock'd
 Eel, Collar'd Eel, Salmagundy,
 Marinated Fish
 Calf's liver, or Ox-heart stuffed and
 roasted with Gravy sauce
 Pork Griskins
 Collar'd Pig
 Potted Venison, in slices
 Collar'd Beef in *ditto*
 Pease
Pastry; as, Tansey, Tarts, Jellies,
 Creams, Sweetmeats, Rock of
 Snow, and Syllabubs
Fruits; as, Melons, Grapes, Apples,
 Pears, Figs, Mulberries, Raspber-
 ries, Currans, Peaches, Apricots,
 &c.

S E P T E M B E R.

First Course.

Venison; as, the Haunch, &c.
Poultry; as, Roasted Geese, Pigeons
 and Bacon boil'd, Rabbits and
 Onions, Pullets and Oysters, with
 Bacon
Fish; as, Skate or Thornback, Bisque
 of Fish
 Boil'd Beef and Garden-stuff
 Leg of Pork with Greens
 Knuckle of Veal, Bacon and Greens
 Chine of Mutton with a Sallad and
 Eggs

Boil'd Leg of Mutton with Turneps
 Calf's Head and Bacon

Pastry; as, Pigeon, or Squab Pye,
 Pork Pye, a Pye with Rabbits and
 Pork Steaks, Lumber Pye, Veni-
 son Pasty, Beef-steak Pye, Pork Pye
 with Potatoes cut in Dice, Veal
 Pye, Battalia Pye.

Second Course.

Poultry; as, Ducks, Partridges, Phea-
 sants, Teals, Wigeons, roasted
Fish; as Spitchcock Eel, fry'd
 Smelts, and Soals, Jowl of Stur-
 geon, pickled Salmon, collar'd Eel,
 Lobsters
 Roasted Shoulder of Mutton
 Collar'd Beef in slices
 Collar'd Pig, in *ditto*
 Cold Neats Tongue in *ditto*, with
 Butter
 Pease
 Artichokes
Pastry; as, Hot butter'd Apple-pye,
 Cheese-cakes, Tarts, Creams, Jel-
 lies
Fruit; as, Melons, Apples, Pears,
 Figs, Peaches, Nectarins, Morello
 Cherries, Currans, Grapes, Mul-
 berries, &c. Walnuts, Filberts.

O C T O B E R.

First Course.

Venison; as, Haunch of Doe, boil'd
 with Garden-stuff
Poultry; as, Bisque of Pigeons, Geese
 roasted, Turkey with Oysters
Fish; as, Cod's head with Shrimps
 and Oyster sauce, Tench or Carp
 stew'd, Gurnets
 Ham and Fowls, with Roots and
 Greens
 Bacon or Pickled Pork and Fowls,
 or Pigeons with *ditto*
 Turkey and Chine
 Chine of Veal and Ragou
 Chine of Mutton and Pickles
 Powder'd Beef, with Roots and
 Greens Neats

Neats Tongue and Uddet roasted
 Scots Collops
 Pork salted and boil'd with Greens,
&c. and a Pease Pudden
Pastry; as Lumber Pye, Venison
 Pasty, Mutton Pye, Pigeon Pye.

Second Course.

Poultry; as, Wild Ducks, Teals,
 Wigeons, Easterlings, Woodcocks,
 Snipes, Larks upon Scuers, Par-
 tridges, Pheasants
Fish; as, Eels boil'd, Smelts fry'd,
 Chine of Salmon broil'd or fry'd
 with Anchovies and Shrimp sauce,
 Salmagundy
 Artichokes
 Slic'd Tongue and Pickles
Pastry; as, Tarts, Custards, Cheese-
 cakes, Jellies, Creams, Quince
 Pye, Potato Pye, *&c.*
Fruit; as, Apples, Pears, Peaches,
 Nectarins, Plums, Grapes, Mul-
 berries, Figs, Walnuts, *&c.*

N O V E M B E R.

First Course.

Stew'd Beef in Soup, or good Broth
Poultry; as, Turkey boil'd with
 Garden-stuff, roasted Geese, Hen-
 Turkey roasted with Oyster sauce,
 Rabbits and Onions
Fish; as, Tench or Carp stew'd, Dish
 of Gurnets, scollop'd Oysters and
 stew'd Carp
 Boil'd Leg of Pork with Turneps
 and Greens
 Boil'd Haunch of Doe Venison with
 Herbs and Roots
 Leg of Mutton boil'd with Greens,
&c.
 Boil'd Fowls and Bacon, or Ham,
 or Pickled Pork and Greens
 Chine of Mutton roasted, and Pickles
 Chine of Veal, with Pickles
 Breast of Mutton ragou'd
 Ragou'd Veal
 Calf's Head boil'd, grill'd, or hash'd

Ox cheek stew'd or bak'd
Pastry; as, Venison Pasty, Minc'd-
 Pyes.

Second Course.

Poultry; as, Woodcocks, Snipes and
 Larks, Partridges, Pheasants, Wild
 Ducks, Wigeons, Teals
Fish; as, Smelts fry'd, Chine of
 Salmon *ditto*, Marinated Fish
 Neats Tongue in slices, with Pickles
 Collar'd Beef, in *ditto*
 Potted Beef, potted Hare, potted
 Pigeons, *&c.*
Pastry; as, Hot butter'd Apple Pye,
 Pear Pye with Cream, Potato Pye,
 Quince Pye, Jellies, Tarts, Cheese-
 cakes
Fruits; as, Apples, Pears, Walnuts,
 Chesnuts, dry'd Plums, Grapes,
&c.

D E C E M B E R.

First Course.

Soups of Gravy or Pease; or Plum-
 pottage
Poultry; as, Boil'd Pullets and Oyster
 sauce, or with Sausages, Rabbits
 and Onions, Hare grigg'd, Pi-
 geons and Bacon
Fish; as, Cod's Head, with Shrimp
 and Oyster sauce, and garnish'd
 with Smelts or Gudgeons, stew'd
 Carp or Tench, with Eels spitch-
 cock'd or fry'd, stew'd Soles, Tur-
 bot, *&c.* Oysters before dinner
 Ham and Fowls, boil'd with Greens
 Buttock of Beef *ditto*
 Leg of Pork, Greens, and Pease
 Pudden
 Haunch of Venison boil'd, and Gar-
 den stuff
 Leg of Mutton boil'd, with Turneps
 and Greens
 Leg of Lamb with Spinach, and
 the Loin fry'd in Chops round
 the dish
 Chine of Pork and Turkey

Calf's

Pig roasted
 Beef à-la-mode
 Beans and Bacon
 Chine of Mutton with Pickles, or
 French Beans, or stew'd Cucum-
 bers
 Ham and Chickens
Pastry; as, Pigeon Pye, Umble Pye,
 Venison Pasty
 Florendines.

Second Course.

Poultry; as, Turkey Pouts, Phea-
 sants or Partridges, roasted Chic-
 kens, young Ducks
Fish; as, Lobsters roasted or cold,
 Butter'd Crabs in shells, or on
 Toasts, Broil'd Pike, Spitchcock'd
 Eel, Collar'd Eel, Salmagundy,
 Marinated Fish
 Calf's liver, or Ox-heart stuffed and
 roasted with Gravy sauce
 Pork Griskins
 Collar'd Pig
 Potted Venison, in slices
 Collar'd Beef in *ditto*
 Pease
Pastry; as, Tansey, Tarts, Jellies,
 Creams, Sweetmeats, Rock of
 Snow, and Syllabubs
Fruits; as, Melons, Grapes, Apples,
 Pears, Figs, Mulberries, Raspber-
 ries, Currans, Peaches, Apricots,
 &c.

S E P T E M B E R.

First Course.

Venison; as, the Haunch, &c.
Poultry; as, Roasted Geese, Pigeons
 and Bacon boil'd, Rabbits and
 Onions, Pullets and Oysters, with
 Bacon
Fish; as, Skate or Thornback, Bisque
 of Fish
 Boil'd Beef and Garden-stuff
 Leg of Pork with Greens
 Knuckle of Veal, Bacon and Greens
 Chine of Mutton with a Sallad and
 Eggs

Boil'd Leg of Mutton with Turneps
 Calf's Head and Bacon

Pastry; as, Pigeon, or Squab Pye,
 Pork Pye, a Pye with Rabbits and
 Pork Steaks, Lumber Pye, Veni-
 son Pasty, Beef-steak Pye, Pork Pye
 with Potatoes cut in Dice, Veal
 Pye, Battalia Pye.

Second Course.

Poultry; as, Ducks, Partridges, Phea-
 sants, Teals, Wigeons, roasted
Fish; as Spitchcock Eel, fry'd
 Smelts, and Soals, Jowl of Stur-
 geon, pickled Salmon, collar'd Eel,
 Lobsters
 Roasted Shoulder of Mutton
 Collar'd Beef in slices
 Collar'd Pig, in *ditto*
 Cold Neats Tongue in *ditto*, with
 Butter
 Pease
 Artichokes
Pastry; as, Hot butter'd Apple-pye,
 Cheese-cakes, Tarts, Creams, Jel-
 lies
Fruit; as, Melons, Apples, Pears,
 Figs, Peaches, Nectarins, Morello
 Cherries, Currans, Grapes, Mul-
 berries, &c. Walnuts, Filberts.

O C T O B E R.

First Course.

Venison; as, Haunch of Doe, boil'd
 with Garden-stuff
Poultry; as, Bisque of Pigeons, Geese
 roasted, Turkey with Oysters
Fish; as, Cod's head with Shrimps
 and Oyster sauce, Tench or Carp
 stew'd, Gurnets
 Ham and Fowls, with Roots and
 Greens
 Bacon or Pickled Pork and Fowls,
 or Pigeons with *ditto*
 Turkey and Chine
 Chine of Veal and Ragou
 Chine of Mutton and Pickles
 Powder'd Beef, with Roots and
 Greens Neats

Neats Tongue and Uddet roasted
 Scots Collops
 Pork salted and boil'd with Greens,
&c. and a Pease Pudden
Pastry; as Lumber Pye, Venison
 Pasty, Mutton Pye, Pigeon Pye.

Second Course.

Poultry; as, Wild Ducks, Teals,
 Wigeons, Easterlings, Woodcocks,
 Snipes, Larks upon Scuers, Par-
 tridges, Pheasants
Fish; as, Eels boil'd, Smelts fry'd,
 Chine of Salmon broil'd or fry'd
 with Anchovies and Shrimp sauce,
 Salmagundy
 Artichokes
 Slic'd Tongue and Pickles
Pastry; as, Tarts, Custards, Cheese-
 cakes, Jellies, Creams, Quince
 Pye, Potato Pye, *&c.*
Fruit; as, Apples, Pears, Peaches,
 Nectarins, Plums, Grapes, Mul-
 berries, Figs, Walnuts, *&c.*

N O V E M B E R.

First Course.

Stew'd Beef in Soup, or good Broth
Poultry; as, Turkey boil'd with
 Garden-stuff, roasted Geese, Hen-
 Turkey roasted with Oyster sauce,
 Rabbits and Onions
Fish; as, Tench or Carp stew'd, Dish
 of Gurnets, scollop'd Oysters and
 stew'd Carp
 Boil'd Leg of Pork with Turneps
 and Greens
 Boil'd Haunch of Doe Venison with
 Herbs and Roots
 Leg of Mutton boil'd with Greens,
&c.
 Boil'd Fowls and Bacon, or Ham,
 or Pickled Pork and Greens
 Chine of Mutton roasted, and Pickles
 Chine of Veal, with Pickles
 Breast of Mutton ragou'd
 Ragou'd Veal
 Calf's Head boil'd, grill'd, or hash'd

Ox cheek stew'd or bak'd
Pastry; as, Venison Pasty, Minc'd-
 Pyes.

Second Course.

Poultry; as, Woodcocks, Snipes and
 Larks, Partridges, Pheasants, Wild
 Ducks, Wigeons, Teals
Fish; as, Smelts fry'd, Chine of
 Salmon *ditto*, Marinated Fish
 Neats Tongue in slices, with Pickles
 Collar'd Beef, in *ditto*
 Potted Beef, potted Hare, potted
 Pigeons, *&c.*
Pastry; as, Hot butter'd Apple Pye,
 Pear Pye with Cream, Potato Pye,
 Quince Pye, Jellies, Tarts, Cheese-
 cakes
Fruits; as, Apples, Pears, Walnuts,
 Chesnuts, dry'd Plums, Grapes,
&c.

D E C E M B E R.

First Course.

Soups of Gravy or Pease; or Plum-
 pottage
Poultry; as, Boil'd Pullets and Oyster
 sauce, or with Sausages, Rabbits
 and Onions, Hare grigg'd, Pi-
 geons and Bacon
Fish; as, Cod's Head, with Shrimp
 and Oyster sauce, and garnish'd
 with Smelts or Gudgeons, stew'd
 Carp or Tench, with Eels spitch-
 cock'd or fry'd, stew'd Soles, Tur-
 bot, *&c.* Oysters before dinner
 Ham and Fowls, boil'd with Greens
 Buttock of Beef *ditto*
 Leg of Pork, Greens, and Pease
 Pudden
 Haunch of Venison boil'd, and Gar-
 den stuff
 Leg of Mutton boil'd, with Turneps
 and Greens
 Leg of Lamb with Spinach, and
 the Loin fry'd in Chops round
 the dish
 Chine of Pork and Turkey

Calf's

Calf's Head and Bacon, &c.
 Sir-loin of Beef roasted, with Cauli-
 flowers, Horse-radish, &c.
 Chine of Mutton and Pickles
Pastry; as, minc'd Pyes, Lumber Pye,
 Veal Pye, Squab Pye, Venison *Pasty*,
 Battalia Pye, Marrow Puddens, &c.

Second Course.

Poultry; as, Capon, Rabbits, Hare,
 Turkey, Pheasants, Partridges,
 Woodcocks, Snipes, Larks, Wild
 Ducks, Teal, Easterlings, Wigeons,
 Bustard, Squab Pigeons, roasted
Fish; as, Potted Lamprey, potted
 Chars, potted Eels, Jowl of Stur-

geon, Lobsters, Bisque of Shell-
 fish, &c.

Brawn in thin slices
 Fore-Quarter of Lamb roasted, and
 Mint sauce, and Sallads garnish'd
 with Orange

Leg of *ditto* boil'd with Spinach,
 Loin in steaks round the dish, and
 Orange in slices

Pastry; as, Tansey, Pear Tart cream'd,
 Potted Venison, Apple Pye, Tarts,
 Cheese-cakes

Fruit; as, China Oranges, Chesnuts,
 Pomgranates, Apples, Pears, dry'd
 Grapes, &c.

Ready Messes for SUPPERS, &c.

Brawn, Ham, Dutch or Hung
 Beef
 Collar'd Beef, Mutton, Pig, Veal,
 Pork, Eel, &c.
 Potted Beef, Pigeons, Hare, Venison,
 Eel, Char, Lampreys, Trouts, &c.
 Neats Tongues, Calves, Stags, or
 Sheeps Tongues
 Stew'd Beef, Veal, Mutton, Hare,
 Pigeon, Ducks, Wild-Fowl, Pig
 Ox or Calf's Heart stuffed and
 roasted; Sheep's Heart
 Hash'd Veal, Mutton, Beef, Lamb,
 with Pickles
 Minc'd Veal, &c.
 Mutton or Beef Sweetbreads and
 Kidneys
 Veal Sweetbreads ragou'd
 Lambs Liver and Bacon, fry'd
 Hogs Liver, Crow, and Sweetbread,
 fry'd
 Calf's Liver and Bacon fry'd, or
 roasted and stuffed
 Tripe fry'd, boil'd, or fricas'y'd
 Eggs and Bacon
 Eggs in shells
 Eggs poach'd
 Eggs poach'd, and Spinach stew'd
 Salmagundy

Sallads of different sorts, according
 to the season

Pig's Pettitoes

Beef Steaks and Oysters, or with
 Gravy and Horse-radish, or with
 a relish of Anchovy, or Walnut
 pickle

Scots Collops

Veal Cutlets

Mutton Cutlets, or Chops, with
 Pickles or Horse-radish, or with
 sauce made of Capers, Butter,
 and a little Sugar

Chickens boil'd with Parsley and
 Butter, or roasted with Egg
 sauce, or fricas'y'd

Rabbits fricas'y'd, or roasted, with
 Parsley and Butter

Butter'd Turneps

Artichokes

Potatoes

Anchovies, Capers, Walnuts, Cu-
 cumbers, Mango, and other
 Pickles

Pickled Herrings, Oysters, Salmon,
 Sturgeon, &c.

Maycril boil'd, sous'd, or broil'd

Cod and Oyster sauce, Trout, Soles,
 Smelts, Gudgeons, Tench, Carp,
 Whittings,

Whittings, Skate, Plaife, Flounders, &c. Lobsters, Crabs, Prawns, Cray-fish, Oysters, and other fish in season.

Tarts, Cheesecakes, Custards, Jellies, Sweetmeats, Pyes, Pasties, and Fruits according to the Season.

General Observations.

ALL Housekeepers, in the Country especially, should lay in their Groceries at best hand, and be provided with store of Nutmegs, Cinamon, Ginger, Cloves, Mace, *Jamaica* Pepper, Long Pepper, Black Pepper, &c.

Red Sage, Sage of Virtue, Mint, Thyme, Penny-Royal, Sweet Marjoram, &c. should be kept dry in paper bags for use, if not in the garden, or in season.

Eschallots, Onions, dry'd Orange and Lemon Peel, Anchovies, Olives, Mushrooms, Ketchup, pickled Walnuts, Mango, pickled Cucumbers, Capers, &c. should likewise be always at hand.

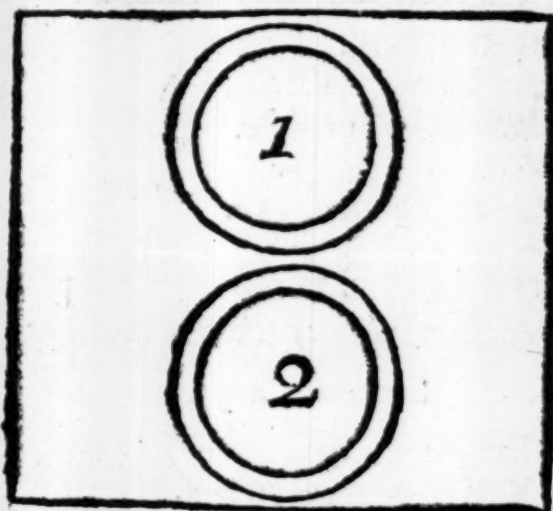
Boil'd Meats are usually brought in first, Baked next, Roasted last.

How to place the Dishes on the Table.

THE following method may be observed for this purpose, from Two dishes to Nine; varying the kinds according to the season, as in the preceding Bill of Fare. For Example:

I.

FIRST Course of Two Dishes.



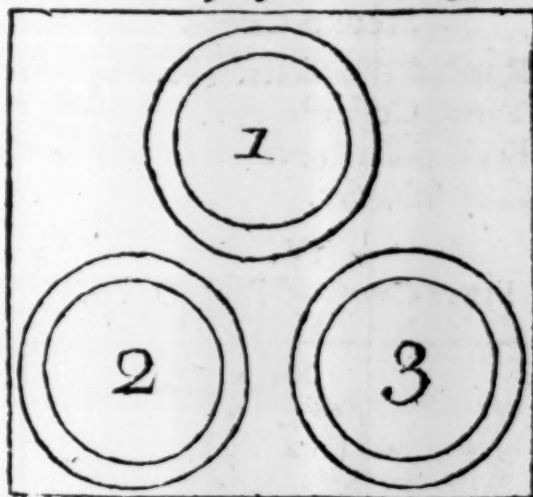
1. Boil'd Beef, Pork, Mutton, &c.
2. A Pudden of any kind.

SECOND Course.

1. Roasted Fowls, &c.
2. Tarts, &c.

II.

FIRST Course of THREE Dishes.



1. Boil'd Leg of Pork, &c.
2. Pease Pudden
3. Greens and Roots.

O R,

1. Fish, or Soup
2. Scots Collops
3. Pudden.

SECOND Course.

1. Roasted Turkey, or other Fowls
2. Tarts or Cheese-cakes
3. Fruits, &c. or Asparagus, Pease, &c.

III.

Calf's Head and Bacon, &c.
 Sir-loin of Beef roasted, with Cauli-
 flowers, Horse-radish, &c.
 Chine of Mutton and Pickles
Pastry; as, minc'd Pyes, Lumber Pye,
 Veal Pye, Squab Pye, Venison *Pastry*,
 Battalia Pye, Marrow Puddens, &c.

Second Course.

Poultry; as, Capon, Rabbits, Hare,
 Turkey, Pheasants, Partridges,
 Woodcocks, Snipes, Larks, Wild
 Ducks, Teal, Easterlings, Wigeons,
 Bustard, Squab Pigeons, roasted
Fish; as, Potted Lamprey, potted
 Chars, potted Eels, Jowl of Stur-

geon, Lobsters, Bisque of Shell-
 fish, &c.

Brawn in thin slices
 Fore-Quarter of Lamb roasted, and
 Mint sauce, and Sallads garnish'd
 with Orange

Leg of *ditto* boil'd with Spinach,
 Loin in steaks round the dish, and
 Orange in slices

Pastry; as, Tansey, Pear Tart cream'd,
 Potted Venison, Apple Pye, Tarts,
 Cheese-cakes

Fruit; as, China Oranges, Chesnuts,
 Pomgranates, Apples, Pears, dry'd
 Grapes, &c.

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 with Pickles
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 Mutton or Beef Sweetbreads and
 Kidneys
 Veal Sweetbreads ragou'd
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 Hogs Liver, Crow, and Sweetbread,
 fry'd
 Calf's Liver and Bacon fry'd, or
 roasted and stuffed
 Tripe fry'd, boil'd, or fricas'y'd
 Eggs and Bacon
 Eggs in shells
 Eggs poach'd
 Eggs poach'd, and Spinach stew'd
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 Gravy and Horse-radish, or with
 a relish of Anchovy, or Walnut
 pickle

Scots Collops

Veal Cutlets

Mutton Cutlets, or Chops, with
 Pickles or Horse-radish, or with
 sauce made of Capers, Butter,
 and a little Sugar

Chickens boil'd with Parsley and
 Butter, or roasted with Egg
 sauce, or fricas'y'd

Rabbits fricas'y'd, or roasted, with
 Parsley and Butter

Butter'd Turneps

Artichokes

Potatoes

Anchovies, Capers, Walnuts, Cu-
 cumbers, Mango, and other
 Pickles

Pickled Herrings, Oysters, Salmon,
 Sturgeon, &c.

Maycril boil'd, sous'd, or broil'd

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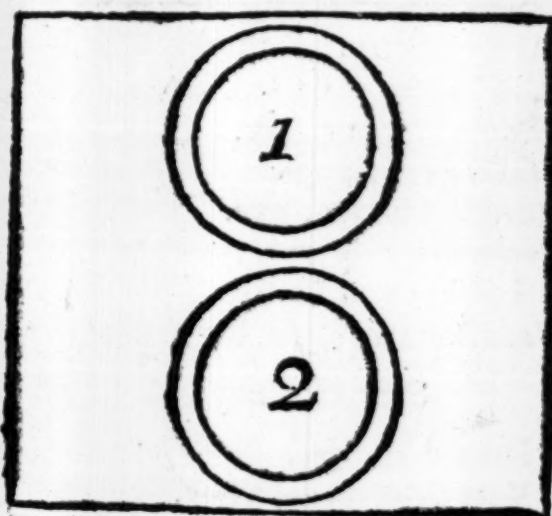
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I.

FIRST Course of TWO Dishes.



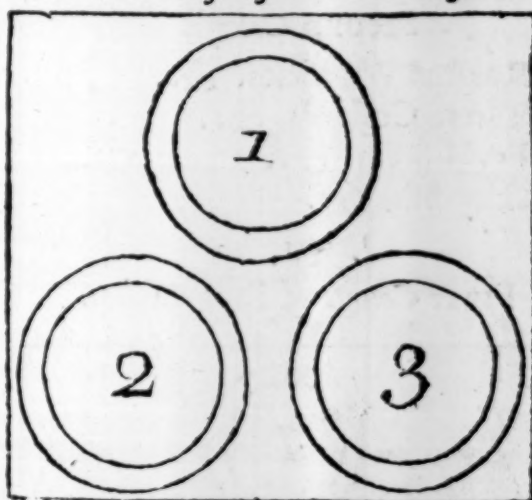
1. Boil'd Beef, Pork, Mutton, &c.
2. A Pudden of any kind.

SECOND Course.

1. Roasted Fowls, &c.
2. Tarts, &c.

II.

FIRST Course of THREE Dishes.



1. Boil'd Leg of Pork, &c.
2. Pease Pudden
3. Greens and Roots.

O R,

1. Fish, or Soup
2. Scots Collops
3. Pudden.

SECOND Course.

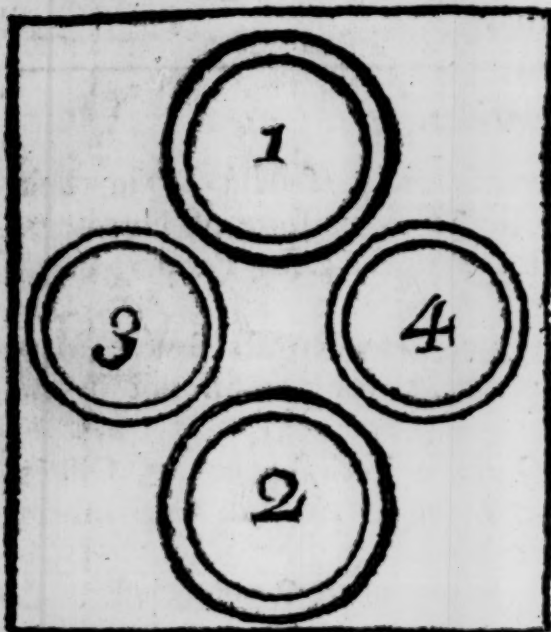
1. Roasted Turkey, or other Fowls
2. Tarts or Cheese-cakes
3. Fruits, &c. or Asparagus, Pease, &c.

III.

How to place the Dishes, &c.

III.

FIRST Course of FOUR Dishes.



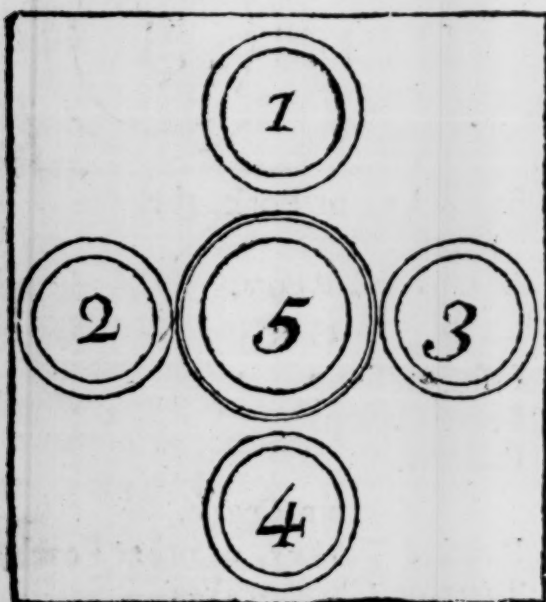
1. Soup remov'd with Fish, or any boil'd Dish
2. Chickens boil'd with Greens, &c.
3. Pigeon Pye, &c.
4. Boil'd Rabbits and Onions.

SECOND Course.

1. Roasted Pheasants, &c.
2. Tarts, Custards, &c.
3. Fry'd Soles, &c.
4. Cray-fish, &c.

IV.

FIRST Course of FIVE Dishes.



1. Soup, and a Remove of Ham and Chickens

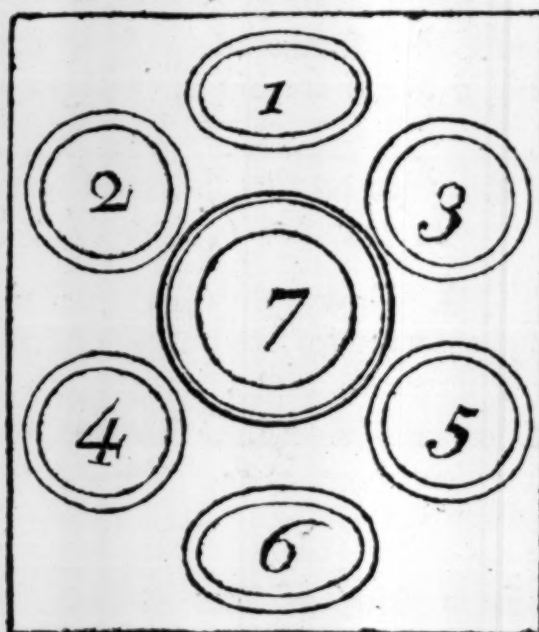
2. Fricasfy of Rabbits
3. Bread Pudden
4. Beans and Bacon
5. A Sir-loin of Beef, or Chine of Mutton, or Veal, &c.

SECOND Course.

1. Partridges, roasted Capons, &c.
2. Pease, or Veal Sweetbreads, &c.
3. Snipes, &c.
4. Pear Pye, &c.
5. Lobsters, &c.

V.

FIRST Course of SEVEN Dishes.



1. Gravy Soup. Remove, Chicken and Bacon
2. Scots Collops, &c.
3. Gibblet Pye, &c.
4. Boil'd Pudden, &c.
5. Roasted Pig, &c.
6. Tongue and Udder
7. Venison Pastty, &c. Roast Beef, &c.

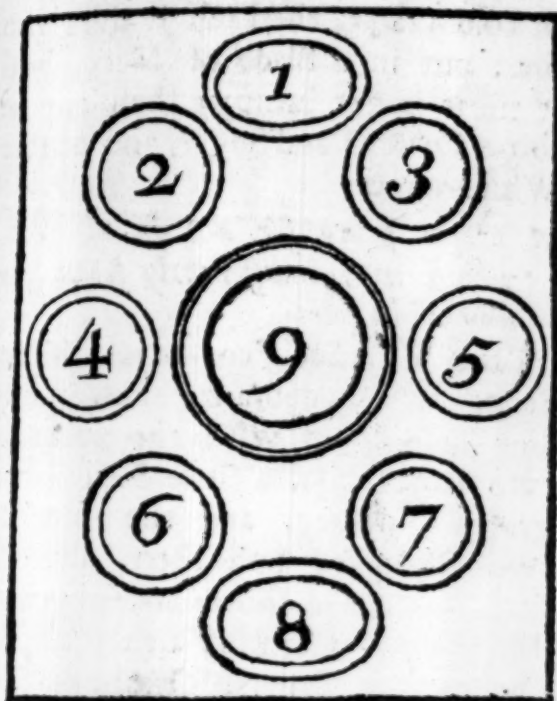
SECOND Course.

1. Partridges, &c.
2. Veal Sweetbreads, &c.
3. Marrow Puddens, &c.
4. Young Pease, if in season
5. Roasted Pigeons, &c.
6. Rabbits, &c.
7. Pastry, Sweetmeats, &c.

VI.

VI.

FIRST Course of NINE Dishes.



1. Soup. Remove, stew'd Carp,
Veal ragou'd

2. Marrow Pudden
3. Bacon and Beans
4. Pig
5. Tongue and Cauliflowers
6. Chine of Mutton
7. Stew'd Eels
8. Chickens and Herbs
9. Roast Beef.

SECOND Course.

1. Partridges, Quails, &c.
2. Lamb-stones, &c.
3. Fry'd Soals, &c.
4. Artichokes, &c.
5. Green Pease, &c.
6. Sturgeon, &c.
7. Potted Pigeons, collar'd Eel, &c.
8. Almond Cheese-cakes, Custards, &c.
9. Lobsters, &c.

Regalia for a SIDE-BOARD, &c.

MAY be dispos'd according to any of the preceding Forms; and may consist of Pickled Oysters, Potted Beef, Collar'd Eel, Potted Pigeons, Hung Beef, Pickled Salmon, Neats Tongue or Ham in slices, Anchovies, split Prawns, Salmagundy, Butter, Cheese, Fruit of all sorts, according to the season, Sallads, Melons, &c.

Sundry kinds of Sauces and Garnish.

For Chickens roasted,

TAKE the gravy, and the juice of Oranges, and a little Cinamon, or Pepper very finely beaten or sifted; lay some slices of Manchet, curiously carv'd, round the dish; lay the Chickens in the sauce, and garnish with Lemons thinly slic'd, Parsly and Barberries.

For a Duck or Mallard.

Take the gravy of the fowl, and Oyster liquor, boil in it a whole Onion, a few slices of Nutmeg, and an Anchovy; and if they be lean, farce and lard them; garnish with green and red Cabbage or Beets.

For Green Geese.

Stamp Sorrel, white-bread, and some slices of Pippens, or such hard apples; put a little vinegar and sugar to them, then press out the liquid part, and serve it up in saucers. Garnish with Parsley, Marigold-flowers, and some slices of Oranges or Lemons. Or for sauce, take the juice of Sorrel, scalded Goosberries, and Sugar, serv'd on sippets, with sugar and butter.

Green Sauce.

Beat Spinage in a mortar, squeeze the juice in a sauce-pan, put the yolks of two Eggs beaten to half a pint

pint of juice, some Sugar, squeeze half an Orange, and set it over the fire; stir it all the time till it thickens.

For an Hare roasted.

After you have parboil'd, truss'd and larded her, beat Cinamon, Nutmeg, Pepper, and Ginger; put to them boil'd Prunes, and a little White-wine; boil them, and strain out the liquid part, and serve it up in saucers. Or, take Currans, and muskified Bisket-bread beaten to powder; boil them with Sugar and Cloves, in water, to the thickness of a Gruel.

For Hens or Pullets roasted.

Take the eggs you find in them, if any; if not, the yolks of 6 eggs boil'd hard, and smally minced; put them in White-wine, or Wine-vinegar, with beaten butter and the gravy; add the juice of an Orange. Garnish with slices of Lemon, Greens, or Flowers.

For any Land Fowl.

Strain a little of the pulp of boil'd Prunes into the blood of the Fowl; put to it a little Cinamon and Ginger finely beaten; boil it with the gravy and a little sugar, to an indifferent thickness, and serve it up with the Fowl.

For a Pig.

Take the Sage that has been roasted in its belly, with the Crust or Manchet; beat or shred them small together; boil them in water, with Currans, and a little beaten Cinamon; then add to a quart of it a gill of Sack.

Sweet Sauce for a Pig.

Soak the crum of a French Roll in cold water, then put it over the fire; put in a Blade of Mace, boil it till it is not lumpy; then put in some Currans and Sugar, and a little White-wine.

A proper sauce for a Loin of Veal, which may indifferently serve for any other part.

Take Thyme, Penny-royal, Mint, Sage, and Marjoram; boil them and shred them with the yolks of two hard eggs, a little Salt, some grated Nutmeg, and the juice of two Oranges; boil them with a little Spice, and some Currans; then dish it up. Garnish with slices of Oranges, or Capers, Samphire, Cucumbers, &c.

For Mutton roasted.

Slice Onions, and boil them in Claret, with grated Nutmeg, and the gravy.

For Red Deer.

Boil sweet herbs well minced, with the gravy, white bread, and juice of Oranges and Lemons; beat these up with curious sweet butter.

For Stubble-Geese.

Take Pippens, or other hard Apples; boil them to pulp; strain it, and put Sugar, a little beaten Cinamon, and a little Sack to it.

For Pork roasted.

Boil Sage, and mince it small; mix it well with fine Pepper, Mustard, and Sugar, made thin with some Vinegar. Garnish with slices of Oranges, Lemons, Greens, and Flowers.

Having premised these useful Articles, we shall now give, in an intelligible and easy method, particular Receipts for dressing all sorts of Provisions in an elegant and polite manner, fit either for publick or private entertainments.

A NEW
COLLECTION
Of Easy and Elegant
RECEIPTS
In every BRANCH of
COOKERY.

POULTRY.

Pullets with Oysters.

BOIL your Pullets. Take a quart of Oysters, put them over the fire till they are set; strain them through a sieve, save the liquor, put into this liquor a blade of Mace, a piece of Onion, a little Thyme, and Parsley, two Anchovies; boil this up together, strain it off; then make a little white thickning, put your liquor to it, and half a pound of butter; draw it up together, squeeze half a lemon in it; then wash your oysters, that were set one by one, in cold water; then put them in this leare, making it very hot, and pour it over your Pullets. You may lay sausages and bacon round.

Pullets bon'd and forced.

Bone them as whole as possible; fill the bellies with Chesnuts, Mushrooms, Forc'd-meat-balls and Sweetbreads; lard the breast with

gross lard; then pass them off in a pan brown, and either stew or roast them; make a sauce with oysters and mushrooms, and lay under them.

To roast Fowls with Anchovies.

INstead of Butter in your Gravy, you must take a bit of Butter, and put in a stew-pan, with a little Flour; keep this stirring over the fire, not too hot, till it is of a gold colour: put a little of this into your gravy to thicken it.

Turkeys with Oysters.

YOU must boil your Turkeys, and the same Oyster sauce as is for Pullet, only put some mushrooms in.

To boil Pigeons.

TAKE them and stuff with sweet herbs chopt, bacon, grated bread, butter and spice, and the yolk of an egg; tie them at both ends, and boil them. Garnish them with barberries and sliced lemons.

Pigeons

pint of juice, some Sugar, squeeze half an Orange, and set it over the fire; stir it all the time till it thickens.

For an Hare roasted.

After you have parboil'd, truss'd and larded her, beat Cinamon, Nutmeg, Pepper, and Ginger; put to them boil'd Prunes, and a little White-wine; boil them, and strain out the liquid part, and serve it up in saucers. Or, take Currans, and muskified Bisket-bread beaten to powder; boil them with Sugar and Cloves, in water, to the thickness of a Gruel.

For Hens or Pullets roasted.

Take the eggs you find in them, if any; if not, the yolks of 6 eggs boil'd hard, and smally minced; put them in White-wine, or Wine-vinegar, with beaten butter and the gravy; add the juice of an Orange. Garnish with slices of Lemon, Greens, or Flowers.

For any Land Fowl.

Strain a little of the pulp of boil'd Prunes into the blood of the Fowl; put to it a little Cinamon and Ginger finely beaten; boil it with the gravy and a little sugar, to an indifferent thickness, and serve it up with the Fowl.

For a Pig.

Take the Sage that has been roasted in its belly, with the Crust or Manchet; beat or shred them small together; boil them in water, with Currans, and a little beaten Cinamon; then add to a quart of it a gill of Sack.

Sweet Sauce for a Pig.

Soak the crum of a French Roll in cold water, then put it over the fire; put in a Blade of Mace, boil it till it is not lumpy; then put in some Currans and Sugar, and a little White-wine.

A proper sauce for a Loin of Veal, which may indifferently serve for any other part.

Take Thyme, Penny-royal, Mint, Sage, and Marjoram; boil them and shred them with the yolks of two hard eggs, a little Salt, some grated Nutmeg, and the juice of two Oranges; boil them with a little Spice, and some Currans; then dish it up. Garnish with slices of Oranges, or Capers, Samphire, Cucumbers, &c.

For Mutton roasted.

Slice Onions, and boil them in Claret, with grated Nutmeg, and the gravy.

For Red Deer.

Boil sweet herbs well minced, with the gravy, white bread, and juice of Oranges and Lemons; beat these up with curious sweet butter.

For Stubble-Geese.

Take Pippens, or other hard Apples; boil them to pulp; strain it, and put Sugar, a little beaten Cinamon, and a little Sack to it.

For Pork roasted.

Boil Sage, and mince it small; mix it well with fine Pepper, Mustard, and Sugar, made thin with some Vinegar. Garnish with slices of Oranges, Lemons, Greens, and Flowers.

Having premised these useful Articles, we shall now give, in an intelligible and easy method, particular Receipts for dressing all sorts of Provisions in an elegant and polite manner; fit either for publick or private entertainments.

A NEW
COLLECTION
Of Easy and Elegant
RECEIPTS
In every BRANCH of
COOKERY.

POULTRY.

Pullets with Oysters.

BOIL your Pullets. Take a quart of Oysters, put them over the fire till they are set; strain them through a sieve, save the liquor, put into this liquor a blade of Mace, a piece of Onion, a little Thyme, and Parsley, two Anchovies; boil this up together, strain it off; then make a little white thickning, put your liquor to it, and half a pound of butter; draw it up together, squeeze half a lemon in it; then wash your oysters, that were set one by one, in cold water; then put them in this leare, making it very hot, and pour it over your Pullets. You may lay sausages and bacon round.

Pullets bon'd and forced.

Bone them as whole as possible; fill the bellies with Chesnuts, Mushrooms, Forc'd-meat-balls and Sweetbreads; lard the breast with

gross lard; then pass them off in a pan brown, and either stew or roast them; make a sauce with oysters and mushrooms, and lay under them.

To roast Fowls with Anchovies.

INstead of Butter in your Gravy, you must take a bit of Butter, and put in a stew-pan, with a little Flour; keep this stirring over the fire, not too hot, till it is of a gold colour: put a little of this into your gravy to thicken it.

Turkeys with Oysters.

YOU must boil your Turkeys, and the same Oyster sauce as is for Pullet, only put some mushrooms in.

To boil Pigeons.

TAKE them and stuff with sweet herbs chopt, bacon, grated bread, butter and spice, and the yolk of an egg; tie them at both ends, and boil them. Garnish them with barberries and sliced lemons.

Pigeons

Pigeons in Comport.

TRUSS lard and force them; season them, and stew them in strong broth; make for them a ragoû, and garnish with sweet-breads, sippets, and sprigs of parsley; fry them all in batter of eggs, and slic'd lemon.

In the same manner you may garnish most made dishes.

A Pompeton of Pigeons.

YOU must butter your pan, slice some streaky bacon, and put next the pan, in order; then cover all the inside of your pan with forc'd-meat. Take your Pigeons and brown them off in a pan, put them in good ragoû, stew them up together, put a ladle full of ragoû into your forc'd-meat; then lay your Pigeons breast downwards, pour the remainder of your ragoû over them; then cover this with a forc'd-meat, and bake it; then turn it out and serve it up.

Pigeons à la Pears.

TAKE your Pigeons, cut off one leg, truss them as to boil, let the leg come out of the vent, fill them with forced meat, brace them with pack-thread, stew them in good broth till tender; then take them off of the broth, then beat some yolks of eggs, roll the Pigeons in, then roll them in crumbs of bread; then have a stew-pan with lard, not too hot, fry these in till they are the colour of a popling-pear; lay these in a dish, put gravy and orange in a basin with them.

To boil Rabbits with Onions.

TRUSS the Rabbits close, and wash them very well, and boil them off white; boil the Onions alone, changing the water two or three times; strain them very well, chop them and butter them; put in a quarter of a pint of cream, and

serve up the Rabbits, cover'd with Onions.

To boil Rabbits.

TRUSS them and lard them with bacon, and boil them white; and for the sauce, take the liver boil'd, shred it with fat bacon, dress them up with strong broth, white-wine and vinegar, mace, salt, and nutmeg, parsley minced, barberries, and drawn butter; lay the Rabbits in a dish, and pour the sauce over them. Garnish with lemon and barberries.

A Goose or Turkey à la Daube.

YOU must bone them, or take out the breast-bone; force them, fry them in a stew-pan for colour, put them in another stew-pan, with gravy, pepper and salt, and broth, onion, thyme, parsley, and mace; cover them close, stew them till enough, pour over them a ragoû.

To pot Hare.

TAKE three pounds of the flesh of Hare, and a pound and half of clear fat of pork or bacon; beat them together in a mortar, till they are very well mixt; then season with pepper, salt, nutmeg, a large handful of sweet herbs shred very fine; mix them together, and put it in a pot, lay it lower in the middle than in the sides, and paste it up; bake it, and then put clarified butter over it, and lay it by for use.

Another.

TAKE a Hare and wash it clean; dry it well with a cloth; quarter it; season it with salt, pepper, nutmeg, cloves, and mace; put it into a pot with a few bay-leaves, and a pound of fresh butter; bake it; then take out all the bones, and beat it in a mortar; pour the butter from the gravy, and mix it with the flesh, and put it into a well-glaz'd

glaz'd pot; press it down close, and cover it about an inch thick with clarified butter.

To pot Pigeons.

TRUSS them and season them with savoury spice; put them in a pot, cover them with butter, and bake them; then take them out; and let them drain; when they are cold, cover them with clarified butter.

In the same manner you may pot fish, always boning them when they are baked.

To make Forc'd meat.

TAKE a pound of veal, thyme, parsley, a little bit of onion, a pound of beef suet, chop it small, grate the inside of three Rolls; put all together, soup, pepper, salt, and nutmeg; season this to your taste; put in as many eggs as will make it of a right stiffness; then roll them in balls.

To jugg Hares.

CUT them to pieces, half lard them, season them; then take an earthen jugg with a large mouth, and put in the Hares with a faggot of sweet herbs, and two onions stuck with cloves; cover it close down, and boil it in water three hours; then take it out, and serve them up.

To roast a Hare.

LARD it with bacon, and make a pudden of grated bread; the heart and liver parboil'd and chopt small with beef suet and sweet herbs; mix with marrow, cream, spice and eggs, and sew it in the belly of the Hare; roast it, and serve it up with butter drawn with cream, gravy, or claret.

Chickens forced with Oysters.

LARD and truss them; make a forcing of oysters, sweet herbs, parsley, truffles, mushrooms and

onions; chop them together, and season it; mix it with a piece of butter, and the yolk of an egg; tie the Chickens at both ends, and roast them; then make a ragoû, and garnish with lemon.

A Bisk of Pigeons.

TAKE Pigeons, wash them clean, and parboil them; put them into strong broth, and stew them; make for them a ragoû with gravy, artichoke bottoms, and onions; season them with savoury seasonings, the juice of lemons, and lemons diced, bacon cut as for lard, mushrooms, truffles and morels; pour the broth into a dish with carved and dried sippets; then place the Pigeons, and pour on the ragoû. Garnish with scalded parsley, beetroots, and lemons.

A brown Fricassÿ of Rabbits.

YOU must fry the Rabbits brown, have some gravy, an onion, thyme, parsley tied together; stew the Rabbit in it; season it, and thicken it with brown thickning; you may put morels, mushrooms, forc'd-meat-balls and lemon.

A white Fricassÿ of the same.

CUT them in pices, and wash away the blood, and fry them on a slow fire; then put them into a tossing-pan with a little strong broth; season and toss them up with mushrooms and oysters; when almost enough, put to them a pint of cream, and thicken with a piece of butter roll'd in flour.

To make a white Fricassÿ.

WHEN your Rabbits are tender, take half a pint of cream, the yolks of five eggs, beat them together, put in two or three ounces of butter into the cream; you must have but little liquor in your Rabbits; then toss in your cream and eggs, and keep them tossing up

D

over

over the fire till they are thick enough; you must squeeze a lemon in; you may put in morelles, truffles, mushrooms, artichoke-bottoms, cocks-combs, pallets, forc'd-meat balls, or any parts of these.

To fricassy Ducks.

QUarter them, race them, beat them with the back of a cleaver, dry them well, and fry them in sweet butter; when they are almost enough, put in a handful of onions shred small, a little thyme; then put in a little claret, thin slices of bacon, parsley and spinach boil'd green, and shred small; put the yolks of three eggs into a dish, with a little pepper and grated nutmeg; toss them up with a ladle-full of drawn butter; pour this on the Ducks, lay the bacon upon them, and serve it up.

To fricassy Ducklings.

CUT them into small pieces, dry and flour them; fry them in butter; then take a little canary, parsley, an onion chop'd small, gross pepper, and a blade of mace, and put in them some sugar, butter and verjuice; then take the stalks off of a large handful of clary; make a batter of eggs, flour, and cream, with a little nutmeg; fry these: When you have dished the Ducklings, lay the clary round.

To powder a Goose in roasting.

TAKE a handful either of sage, onion, or parsley, bruise it very small; then mould it with butter and a good quantity of salt; roll it up; put it into the belly of the Goose, and tie the neck and vent close to the spit, and as the fire heats thro' it by degrees, the butter and gravy will carry the salt into all parts of the flesh, so that it will be as well seasoned as if it had been powder'd a week or more.

To make any Fowl very tender.

ABout an hour before you design to kill them, pour down the throat of each a spoonful of vinegar, and let them run about in the room or yard, and when they are kill'd, hang them up in their feathers, by the heels, in a smoaky chimney; then pull and dress them, and they will be very tender.

Another.

THE minute you kill the Fowl, put it in a pail of cold water, and let it lie till cold; then pull it.

To fatten any sorts of Fowl in fifteen days.

TAKE nettle-leaves and seeds, gather'd and dry'd in their proper season; beat them into powder, and make it into paste with wheat-bran or flour, adding a little very sweet olive-oil; make this up into little crams, coop them up, and duly feed them with it, giving them water wherein barley has been boil'd, and they will be fat at or before the time proposed.

To preserve Fowl from tainting.

TAKE a large cask that has very lately had wine in it; knock out a board or two at the head, and in the others drive hooks to hang your fowls on, so as they may not touch each other, and cover the open places with the boards, leaving only the bung-hole for an air-vent; set them in a dry, cool place, and they will keep as long again as in any other place. And thus you may keep Flesh or Fish.

To make a Fricassy of Rabbits.

CUT a couple of Rabbits to pieces, cover them with water, boil and scum them clean; then put into them a bunch of thyme, a blade or two of mace, and a little butter; afterwards take as much butter as two eggs, and fry it black; then put

put in the Rabbits, and as much liquor as will sauce, and a little shred parsley with one onion; sprinkle into it two spoonfuls of flour to make the sauce thick; put in a few capers, and dissolve two anchovies with a little claret and vinegar; put in a little pepper and salt, and a little butter; stir all these well together, and serve it up.

To make a Fricassé of Chickens.

CUT your Chickens in pieces, and take a frying-pan, with just as much liquor as will cover them; half of it must be white-wine, and half water, with one nutmeg sliced in it, two or three blades of large mace, half a dozen cloves and some whole pepper: let all these be boil'd together in the frying-pan; then put in half a pound of sweet butter, and scum it very clean; put in your chickens, and let them boil till they are tender; afterwards put in a little handful of shred parsley; next take four eggs, but put away two of the whites; beat the rest well; put to them some thick butter beaten well together; then put it to the chickens in the pan, and toss it over a slow fire, till it is thick; last, serve it up with fippets.

To heat Chickens.

TAKE the wings, the legs, the brains, and the rump; put them into a little white-wine vinegar, with a little claret-wine, a little sweet butter, and water of an onion, a little sliced nutmeg, a little pepper, and heat them between two dishes.

To make Gravy-sauce for Pullets.

SHRED two eggs boil'd hard into the gravy, an onion sliced very thin, a little sliced bread, with a little orange-peel cut very small; stew it together; then put in a little more gravy, and a little pepper and salt, with a little thick butter.

To bake Brangeese in Pots.

YOU must take out the breast and back-bone of your Geese; then parboil them; when they are cold, season them well with pepper and salt; afterwards put them into a pot with their necks downwards; let the pot be according to your number of Brangeese: You must bake them with so much butter as will cover them in the baking; throw in some blades of mace, according as your reason dictates: they must be cover'd with paste: they will be about three hours baking: against they are baked, you must have some clarified butter ready to fill up the pot about two inches higher than the meat; paper it up close, and set it aside.

To make Forced meat.

TAKE half a pound of the lean of a leg of veal; cut it in small pieces, and pick out all the skin; mince it very small; then take a pound of beef-suet, and shred it very small also; shred them both together; when you have so done, take a nutmeg, and grate it; about half so much mace beaten small, three cloves beaten with it, pepper and salt as you think fit, a little rosemary, winter-savory, thyme, and sweet-marjoram shred very small, about the quantity of a nutmeg, when it is grated. Put all this to the aforesaid meat, then put them into a mortar, and beat them all together, till it be so smooth, that it will work with one's hand like paste; afterwards break in two new-laid eggs, yolks and whites together, and a little white-bread crumbs; make it up into a paste with your hands, and fry them in butter. You may leave out the herbs.

To make a Fricassé of Mushrooms.

FIRST, peel and wash them; then boil them with a little fair

water, salt, and a piece of butter; this will keep them white: afterwards throw them into a colander to drain them; next, toss them up with a piece of fresh butter, a blade of mace, and what spice else you please: for a taste, put in a whole onion, and a sprig of thyme; but let it not remain long there, for fear it change your fricassé black; then put in a little strong broth, or else a little of their own liquor: this done, stew them together; afterwards put in your lea, made thus: Take the yolks of eggs, a little white-wine or verjuice, a piece of sweet butter, and a little grated nutmeg: toss these well together just as you are going to serve them

away, till they are thick; garnish your dish, and serve them up hot.

To mince a Hare.

BOIL the Hare with apples, onions, and parsley; when 'tis boil'd tender, shred it small; then put into it a pint of claret, one nutmeg, a little pepper and salt, and two or three anchovies; afterwards stir it all together with the yolks of twelve hard eggs shred small; when 'tis serv'd up, put in as much melted butter as will make it moist: garnish the dish with some of the bones, and the whites of eggs cut in halves.

For PYES made of Chickens, and other Poultry-ware, see the Article of PASTRY.

VENISON.

To roast a Haunch of Venison.

BUTTER your fat, sprinkle it with salt, lay a sheet of paper over it, then roll a sheet of thin paste, lay that over it; lay another sheet of paper over the paste, tie it with a packthread, then spit it; baste your paper with butter, and roast it till enough; then carefully take off your paper and paste, baste it with some thick butter, and dredge up; let this turn round some time, to give the fat a colour: the parting of it is to save the fat: put curran-jelly in a cup by it.

Another.

LARD the Haunch with thick bacon; season with pepper, salt, fine spices, sweet-herbs, parsley, ciboul cut small; pickle it with vinegar, salt, pepper, onions, parsley, sweet basil, thyme, and bay-leaves; when it is pickled enough, spit it, and baste it with the pickle: when it is roasted, dish it with pepper and vinegar, and thick sauce.

Another.

LARD it with fine bacon; put paper round it; roast it, and serve it up with a sauce under it, made up of good cullis or broth, gravy of ham, capers, anchovies, vinegar, salt, and pepper.

To broil a Haunch of Venison.

CUT half a Haunch into slices about half an inch thick; salt and broil them over a brisk fire; when they are pretty well soak'd, bread them, and serve them up with gravy. In the same manner you may broil a Chine.

To boil Venison.

SALT it a little, and boil it in water. In the mean time boil six cauliflowers in milk and water; then put them into a large pipkin with drawn butter; keep them warm, and take six handfuls of spinach wash'd; boil it in strong broth, and pour off the broth, and put some drawn butter to it: lay fippets in the dish; then lay the spinach

nach round the sides of the dish; lay the Venison in the middle, with the cauliflowers all over it; pour your butter over all; garnish with barberries and parsley minced.

To stew Venison.

CUT it into slices; put them into a stew-pan, with a little claret and gravy, six cloves, pepper and salt; put a bit of butter rubb'd in flour: toss this up together; squeeze half a lemon in it, but don't let it boil, for it will make it hard; stew them for some time; then grate in some nutmeg, and serve it up.

To make Sauce for roasted Venison.

TAKE claret, vinegar, and water, of each a glassful, an onion stuck with cloves, anchovies, salt, pepper and cloves, of each a spoonful; boil them all together, strain them through a sieve.

To recover tainted Venison.

TAKE ale and vinegar with bay-salt, boil them together, and make a strong brine; scum it, and let it stand till it is cool; steep the Venison in it for a whole day; then press and dry it; parboil it; season it with salt and pepper, and it will be fit for use.

Another way.

TIE the Venison up in a clean cloth, and put it in the earth for a whole day, and the scent will be gone.

To pot Venison.

TAKE a Haunch of a fat buck; bone it; take a sufficient quantity of salt, with a nutmeg, and pepper; mix them, lay the fat side downwards, and pour on clarified butter; cover the pot with a paste, and set it in the oven: when it is bak'd, and cold, take it out of the pot, put it in a mortar, and beat it

well; put in a little beaten mace; taste it, whether it be season'd enough; if not, put more; put your meat into pots, squeez'd down tight, with some clarified butter over the top; put the pots in an oven, till the meat is hot through; take these out of the oven, put them into a cold place; pour a little more butter on the top, and when cold are fit for use.

To pot Red-deer Venison.

BONE the venison, cut it in pieces inch-thick, and round the breadth of your pots; then season it with pepper and salt, something higher than a pasty; afterwards put it into large pots; add half a quartern of butter, and two nutmegs sliced, cloves and mace about the same quantity, rather less cloves; then put into your pots a lean and fat piece, so that there may be fat and lean mixt, till your pots be full, that you may put in a pint of butter more upon the top; afterwards make a paste of rye-flour, and stop your pots close on the top; heat your oven, as you do for a pasty, and let it stand as long; then draw it out of the oven, and let it stand half an hour; afterwards unstop it, and turn your pots upside down; if you think fit, you may put them into lesser pots, or the same; then take off all the butter, leaving the gravy behind, and put into each pot the butter which came out; let them stand all night; the next day fill them up with fresh butter. To make a pye of the same, order your Venison the same way, not seasoning it so high; but put in a good store of butter.

For *Venison Pasty*, &c. see in the Article of PASTRY.

BEEF.

To roast a Fillet of Beef.

TAKE out the Fillet of the inside of a sirloin of Beef, and lard the middle with bacon, and lay it in a pan, and pour on it a marinade of vinegar, lemon-juice, crackt pepper, broken mace, slic'd nutmeg, an onion, and sweet herbs; let it lie two hours, then spit it; baste and dredge it with flour, and make for it a ragou. In the same manner you may marinade any fowls, sweet-breads, or collops.

To roast a Chine of Beef in Bones.

TAKE a Fore-chine, cut it very narrow into 10 or 12 pieces; season it with pepper, salt, thyme, and parsley, together with crums of bread; spit them, but not too close; roast them quick; make a sauce with capers and shallots, gravy and horse-radish. Dish it up with horse-radish.

Beef Olives.

TAKE a rump of Beef, cut it into long steaks; cut them square, wash them with an egg, and season them; lay on forc'd-meat, roll and tie them up fast, and roast them tender. Make a sauce of shallots, gravy and vinegar.

To farce a short Rib of Beef.

TAKE it and roast it till it is almost enough; then take off the flesh in the middle, and mince it with middling bacon, beef suet, sweet herbs and spice, and with this stuff the short Rib between the skin and the bone; sew it up close, and roast it till it is enough; serve it up hot.

Stewed Beef.

CUT the Beef into pound pieces, and pass off the brown; or wash and stew it in broth or water; put

in square bits of carrots and turneps, and quarter'd favoys, sliced cabbage, and whole onions; season it with pepper, salt, cloves and mace; when all is very tender, toast some fippets, and serve it up: thicken with thickning.

To fry Beef-steaks.

CUT the Steaks off the rump, and beat them well with a roller; fry them; after they are fry'd, take them out; pour all the fat out of the pan; put in half a pint of gravy, chopt shallot, thyme, and parsley, a piece of butter rubb'd in flour, and pepper and salt to your taste; toss this together till thick; lay your Steaks in the dish, and pour this sauce over it: you must garnish with pickles.

To bake Ox Cheeks.

BONE them, pick out the eye-balls, cleanse the mouth, soak and wash out the blood, wipe them dry, season with salt, pepper and nutmeg; put them into an earthen pan, with three or four large onions, mace and cloves: Lay the jaw-bones upon the meat; then put in half a pint of water, and half a pint of claret; cover the pan with coarse paste, and bake it; serve it up.

Beef Scarlet.

TAKE a brisket of Beef, and rub it over with half a pound of salt-petre, bay-salt, and a little white salt mixt with it; then put it into an earthen pan, turn it every day, and in four days it will be red; then boil it four hours, and serve it with favoys, or other greens, or without; garnish with onions, celeri, the skins and fat of the beef; lay slices of turnep and carrot at bottom.

To stew a Rump of Beef.

CUT steaks off the Rump, half broil them, season them high; put them into a stew-pan, and cover them with gravy; roll a piece of butter in flour, put it in; add the yolk of an egg, and serve it up.

To make Beef Alamode.

TAKE the hinder part of a Buttock of Beef; lard it with thick lardoons of bacon; put it into a stew-pan, with some slices of bacon at the bottom; season with salt, pepper, nutmeg, cloves, and sweet herbs; cover it with bards of bacon, cover the pan, and stew it gently between two fires, for some hours; then garnish with pickles, and serve it up hot or cold.

To pot Beef.

TAKE a Buttock of Beef, or Leg of Mutton piece; cut it in pieces, season it with savoury spice, an ounce of salt-petre, half a pint of claret; let it stand all night, then put it into a pan, and lay over it three or four pounds of butter; tie a paper over it, and bake it with household bread; then take it out, and dry it with a clean cloth, and beat it very fine in a mortar; then pour to the butter, clear from the gravy, and mix it together; then put it close in pots: Set it in the oven to settle; when it is cold, cover it with clarified butter.

To collar Beef.

TAKE the Flank of Beef, skin it, and bone it; you must mix your salt-petre with your white

salt, and salt your Beef at first, or it will not take colour; and let it lie forty-eight hours; then take pepper, salt, cloves, mace, nutmegs and salt-petre; beat them all together very fine, and rub the inside of the Beef with it; roll it up hard, and tie it fast with tape; put it in a pan, with a few bay-leaves, cover the pot with an ordinary paste, and bake it with household-bread.

Baked Beef.

LARD and bone some tender Beef, and season it with pepper, salt, and cloves, and tie it up tight, putting in whole pepper, an onion stuck with 12 cloves, two or three bay-leaves a-top, a bunch of sweet herbs, a quarter of a pound of butter, with half a pint of claret and vinegar; bake it four or five hours.

To bake Beef.

TAKE the sirloin, and skin it three times; bone it, and beat it well with a rolling-pin; then lard it well with good bacon season'd well with pepper and salt, and some parsley and thyme minced small amongst it; afterwards season your beef with the aforesaid spice, but not too much, because it is eaten hot: it will take good baking, because of being tender; and when it comes out of the oven, pour the grease out, and put a ladle-full of good gravy in it; if not enough, put more, to make it swim; and shake it well together, to incorporate; and serve it up hot.

For PYES, see PASTRY.

MUTTON.

A Leg or Shoulder of Mutton, with Oysters.

TAKE a Leg or Shoulder of Mutton, make six holes with a knife; then roll up Oysters in

eggs, with crumbs and nutmegs, and stuff three in every hole; if you roast it, put a caul over it; if you boil it, a napkin; then make good Oyster-sauce, which you

you must lay under it, and serve it hot.

To roast Mutton, and stewed Cucumbers.

TAKE a Neck and Loin, and bone them; leave the top bones about an inch on; draw the one with parsley, and lard the other with bacon, very close; skewer them, and roast them: Then fry Cucumbers, stew them, and put them under the Mutton; season the Cucumbers with vinegar, pepper, salt, and minced shallot; and lay the sauce under the Fillet of Mutton; garnish with horse-radish, and pickled Cucumbers.

Mutton in Epigram.

TAKE a Shoulder of Mutton, three parts roasted, and let it cool; then raise the skin quite up to the knuckle, and cut off all to the knuckle; save the blade-bone, and broil it, and hash the rest; put in some pickle-cucumbers, capers, with good gravy and shallot; toss them up, and lay the blade-bone on with the skin.

To roast a Chine of Mutton.

RAISE the skin from the chine-bone downwards, let it hang by the lower-part; then take slices of a lean gammon of bacon; season with white pepper, cives, and parsley; spread them over the Chine, lay the bacon upon them; then turn the skin over them, and tie it up with tape or pack-thread; put paper over it, and roast it: when it is almost enough, dredge with crum bread; put a ragoû under it, and serve it up; garnish with mutton cutlets.

You may roast a quarter of Mutton or Lamb the same way.

To roast a Neck of Mutton.

DRAW it with parsley, and roast; when it is almost enough, dredge

it with salt, white pepper, and crum bread: serve it with gravy, and the juice of orange.

Mutton grilled with Capers.

TAKE a large Breast, and boil it tender; then carbonade it all over; wash it with yolks of eggs, and season with pepper, salt, and crum bread, a little chopt thyme and parsley; then broil it gently; make a sauce with butter, capers, gravy, shallot, and mangoes, or mushrooms, cut; and serve it up hot.

To dress a Saddle of Mutton and Kidneys.

TAKE the fore Chine of Mutton, raise the skin, and draw it with thyme and lemon, and force part of it with sausage-meat; then take twelve Kidneys, force them, and skewer and broil them, and lay round, with horse-radish between, with gravy under.

To boil a Neck of Mutton.

LARD it with lemon-peel, and boil it in salt and water, with a faggot of sweet herbs: In the mean time, take half a pint of oysters, and stew them in a little of their own liquor, half a pint of white-wine, as much strong broth; put in anchovies, whole onions, two or three of each; some grated nutmeg, and a little thyme; then take a little of the broth, and thicken it with the yolks of three or four eggs, and then dish it with sippets: Lay the oysters under the meat, garnish with lemon or barberries.

Thus you may dress a Chine, or Leg, &c.

To hash a Leg of Mutton.

CUT the flesh into broad slices, cut off the fat and skin; beat it well; then rub a dish with garlic, put in the Mutton, with water, and season it with salt and an onion cut in half, a bundle of savoury

voury herbs; fet it over a stove, cover it, and stew it; when it is half stewed, add a quarter of a pint of white-wine, two or three blades of mace, and an anchovy: Let it stew till it is enough, take out the herbs and onion; put the hash into a dish, rub a piece of butter in flour to thicken it, (it will make it smooth) and serve it up.

To hash a Shoulder of Mutton.

CUT the Mutton, three-parts roasted, into thin slices; put into it six good onions boil'd, and beaten small; then put in some claret, and a spoonful of vinegar; season it with pepper, salt, some nutmeg, and two anchovies, the bone being broil'd; put in a little

thick butter, and lay the meat upon it, after which serve it up.

To make a Dish of Mutton Cutlets.

CHOP a Neck of Mutton into steaks, and beat it to make it tender; wash it over with butter melted thick, and have ready some sweet-herbs chopp'd small with grated bread, a little salt, and nutmeg; strew it over that side which is butter'd; then lay it on a grid-iron over a charcoal fire; butter the other side of the meat, and put on the same ingredients; make your sauce with gravy, anchovies, and shallot, a little nutmeg, thick butter, and lemon.

See PYES in the Article of PASTRY.

L A M B.

A Fricassé of Lamb.

TAKE a hind-quarter of Lamb, cut it into thin slices, season it with spice, sweet herbs, and a shallot; then fry them, and toss them up in strong broth, balls, and palates, a little brown to thicken it.

To ragoû Lamb.

TAKE a quarter of Lamb, roast it, and when it is almost enough, dredge it well with grated bread, which you must put in the dish you serve it in; veal cullis, with salt, pepper, an anchovy, lemon-juice; warm it, lay it in the Lamb, and serve it up.

A Ragoû of Lamb-stones and Sweet-breads.

TAKE Lamb-stones and Sweet-breads, parboil them, and cut them into slices; cocks-combs blanch'd and slic'd; then season them all with pepper and salt, and other spices; then fry them in a little lard, and drain them, and toss them up in good gravy, a bunch of sweet herbs, two shallots, some mushrooms, truffles; thicken it with a brown thickening, with a glass of claret; garnish with red beet-roots, or pickled mushrooms.

For LAMB-PYES, see PASTRY.

T O N G U E S.

To roast a Neats-Tongue and Udder.

BOIL and blanch the Tongue and Udder; the Tongue must be salted with salt-petre; lard them

with large lardoons, all their length; then spit and roast them; baste with butter; when they are roasted, dress them with grated bread and flour:

flour: serve them with gravy, and some curran-jelly in a cup, and slices of lemon.

To bake a Neats-Tongue and Udder.

SEASON them with salt, pepper, and nutmeg; lard them with large lardoons; steep them all night in vinegar, claret, ginger; season with salt, whole pepper, nutmeg sliced, and whole cloves; bake them in an earthen pan, and serve them on sippets; lay the spice over them, with slices of lemon and sausages.

To boil Neats-Tongues.

PUT them into a kettle, with a good quantity of hay-flowers; tie up in a cloth, or else hay; boil them till they are tender, and they will eat short and mellow, and be of a good colour.

To salt Neats-Tongues.

CLEANSE the roots well from the moisture, and wash them well in warm water, to open the porous parts, that the salt may the better penetrate; dry them well again, and make a pickle of common salt and bay-salt, well boil'd in it; let them be cover'd in this a week; then take them out, and rub them over with salt-petre: salt them very well, that they may penetrate, and colour them red, pressing them down hard with a board and a weight, that being put into the kiln to dry, they may keep their due proportion. They are usually dry'd with saw-dust burnt, which, together with the salt, gives them that dusky-red colour, which appears on the outside of them before they are boil'd.

To salt and dry Tongues, Hams, &c.

TAKE a gallon of water, put to it two ounces of salt-prunella, four pounds of white-salt, a pound of bay-salt, half a pound of salt-petre, and a pound of brown-sugar;

boil it a quarter of an hour, and scum it well; when it is cold, sever it from the bottom into the vessel you steep it in: Let the Hams continue in this pickle about a month, or five weeks; Tongues about a fortnight. In the same manner may be made Dutch-beef, by letting it lie in the pickle for a month, and Collar'd-beef about eight or ten days; then dry them in a stove, or wood-chimney.

To dry Neats-Tongues.

TAKE bay-salt bruised small, a little salt-petre, and mix common salt; rub the Tongues with a linen-cloth, then salt them with the salt, especially the roots; and as the brine comes, put some more when they are hard and stiff; when they have taken salt, roll them up in bran, and dry them.

Another way.

LET them lie in brine two or three days; then take them out, and salt them with fine salt, for two or three days more; hang them up near the chimney.

To dress Sheeps-Tongues, or any other Tongues, with Oysters.

BOIL six Sheeps-Tongues in water and salt, till they are tender peel them, slice them thin, and put them into a dish, with a quart of great Oysters, a little claret-wine, and some whole spice; let them stew together a while; then put in some butter, and the yolks of three eggs well beaten; shake them well together, and lay some sippets, and pour your Tongues upon them.

To dry Westphalia Hams.

PRICK the Hams very well with a skewer on the wrong side; hang them in an airy place, as long as they will keep sweet; make a pickle with a gallon of petre-salt; stir it in the water, till it will bear an

an egg; then boil it, and scum it; afterwards put into it three pounds of brown sugar; let them lie three weeks in this pickle; turn them every day; the pickle must be cold, when you put them in; then dry them with saw-dust and charcoal: this quantity will do six hams.

To make Westphalia Ham.

MAKE a brine of bay-salt and water strong enough to bear an egg; boil it, and scum it clean; let it stand till 'tis quite cold; rub the bacon all over with salt-petre and salt-prunella beat together; then lay it in a convenient vessel, and put the brine to it; when the bacon hath lain fourteen days in the brine, take the brine from it, and boil it, adding to it a little more salt; boil it till 'tis clear, then scum it, and

when 'tis cold, put in your bacon, rubbing it over with salt-petre and salt-prunella, as you did at first; let the bacon lie in the brine three weeks longer; afterwards rub it all over with bran, and dry it with wood-fire.

Another way.

CUT the leg of a quarter of pork into Westphalia shape; then take white salt; set it on the fire in a skillet till 'tis dry; put to it two ounces of salt-petre finely beaten; the salt must be laid as hot as your hand can endure it; let it lie a week in salt, and then hang it in the chimney three weeks or a month to dry: two ounces of petre is enough to a quantity of salt to one Ham.

PIG and PORK.

A Pig Lamb-fashion.

SKIN it, and leave the skin whole with the head on, and then chine it down as Mutton; lard it with lemon-peel and thyme; roast it in quarters like Lamb; fill the other part with a good plum-pudden; sew up the belly, and bake it, and it will look as if it was roasted.

To roast a Pig.

TAKE out the liver, and chop it small by itself; mince blanch'd bacon, mushrooms, truffles, capers, anchovy, a crum of garlick, with sweet herbs; blanch and season the whole; fill the Pig with it, and tie it up; spit it, and sprinkle good olive-oil over it; roast it, and serve it up hot.

Another way to roast a Pig.

PUT into the belly a piece of bread, sage, parsley, chopt small, and salt; sew up the belly, and spit it; roast it, then split it, and cut

off the ears and under jaws, which you must lay round; make a sauce with the brains, thick butter, and gravy, and lay under. If you chuse curran-sauce, lay it in a cup.

Pork Cutlets.

TAKE a Loin or Neck of Pork, cut off the skin, and make Cutlets; season them with sage, parsley, and thyme, minced together with crums of bread, pepper and salt; then broil them; make the sauce with mustard, butter, shallot, and gravy; to be served up hot.

To roast a Chine of Pork stuffed.

MAKE a stuffing with sage, parsley, thyme, the fat leave of the Pork, eggs, and crums of bread; season with pepper, salt, nutmeg, and shallot, and stuff the Chine thick; then roast it gently; when it is about a quarter roasted, cut the skin in slips: The sauce to be made with lemon-peel, apples, sugar,

gar, butter, and mustard. In the same manner you may roast a Leg.

To broil a Leg of Pork.

SKIN part of the Fillet, cut it in thin slices, hack it on the back with your knife; season it with salt, pepper, sage and thyme minc'd small; broil them on a gridiron; dish them; let the sauce be made with drawn butter, mustard, and sugar.

To roast a Spring of Pork.

TAKE a Spring of Pork, and cut off the knuckle, and leave as much skin on the spring as you can; part it from the neck, take out the bones, and rub it over well with salt, strew it all over with sage and thyme, shred small; a nutmeg, cloves, and mace, beat small, and mix'd together; rub them well in, then roll it up tight with the flesh inwards; sew it fast, spit it length-ways, and roast it.

To keep Brawn.

TAKE some Bran, put it in a kettle of water over the fire, and two or three handfuls of salt; boil this up, strain it through a sieve, and when 'tis cold you must put your Brawn in it.

To collar Pork.

TAKE a Breast of Pork, bone and season it, with savoury spice, sage, parsley, and thyme; roll it in a hard collar in a cloth, tie it close, and boil it; when cold, keep it in souce.

To collar Pig.

CUT the Pig down the back, bone it, wash it clean from the blood, wipe it dry, and season it with savoury spice, thyme, parsley and salt; roll it in a hard collar; tie it close in a dry cloth, and boil it with the bones, in three pints of water, a handful of salt, a quart of vinegar, a faggot of sweet herbs, and whole

spice; when it is tender, take it off, let it cool; then take it out of the cloth, and keep it in the pickle.

To collar a Pig in Colours.

BONE your Pig, wash it well, then lay it on a dresser, chop sage, thyme, and parsley; strew them over the inside of the Pig; beat some cloves and mace; mix some pepper and salt with it; sprinkle that over; boil some eggs hard, take out the yolks, and chop them; lay them in layers cross your Pig; boil some beet-root, cut that in slices, lay them cross the Pig, then roll it up in a cloth, and boil it; before it is cold, press it with a weight, and it will be fit for use.

To make English Hams like those of Westphalia, in shape and taste.

TAKE the legs of young, well-grown Porkers, and cut with them part of the flesh of the hind-loin, on either side, more than is usual; then lay them in cloths, to press out the remaining blood and moisture as much as may be, laying planks on them, and on them great weights, which will bring them into form: Some have boxes purposely shap'd for them, with screws or weights to press down the lid. This being done, salt them well with common salt and sugar, finely beaten, and lay them in troughs, one upon another, close press'd down, and cover'd with hyssop, which will infuse into them a pleasant flavour: Let them continue thus a fortnight, then throw away the common salt, and rub them well over with salt-petre, which may be continued for three or four days, till it soaks in, it being of a wonderfully penetrating nature; then take them out, and hang them in a very close smoak-loft, and make a moderate fire under them, if possible, of juniper-wood,

wood, but so that it may last long; and let them hang to sweat, and dry well; afterwards hang them up in a dry airy place, to the wind, three or four days, which will purge off the ill scent the smoak has caused; and then hang them up in any dry place, till you have occasion to use them; which when you do, wrap them up in sweet hay, and put them into a kettle of water, when it begins to boil; and keep them well cover'd till they are boil'd, and they will cut of a curious red colour, and eat short and savoury; so that few can distinguish them from true *Westphalia* Hams.

To roast a Gammon.

SOAK it twenty-four hours in warm water; then boil it tender, but not too much; when 'tis hot, score it with your knife, and put some large pepper on it: afterwards put it into a dish, to crisp in a hot oven. You must not forget to pull the skin off.

To bake a Gammon.

PUT a *Westphalia* gammon to soak in warm water forty-eight hours; then boil it three parts: when it is hot, take out the bones, and lay it very close in the paste, that it may eat firm: you must put store of butter in to bake it; being bak'd and fill'd up, it must stand to mellow with the spice, being only pepper, and a little nutmeg: let it be serv'd up for the second course.

To make Sausages equal to those brought from Bologna.

TAKE the Fillets of young, tender Porkers, three parts lean,

and one fat, to the weight of 25 pounds; season them well in the small shreading, with pepper and salt, a little grated nutmeg, and a pint of white-wine, mix'd with a pint of hog's blood; then stir and beat it all together, till it is very small; add a few sweet-herbs, small chopp'd, and bruis'd, as penny-royal, sweet-marjoram, and winter-savoury; then with a funnel open the mouths of the guts you are to fill with this meat, and thrust it leisurely down with a clean napkin, lest forcing it with your hands, you break the gut; make divisions of what length you think convenient, tying them with fine thread; dry them in the air two or three days, if it be clear, and the wind brisk; then hang them in rows, at a little distance one from the other, in your smoak-loft; and when they are well dry'd, rub off the dust they have contracted, with a clean cloth; anoint them over with sweet oil-olive, and cover them with a dry earthen vessel; and either roasted or boil'd, they will equal those, so much boasted of, from *Italy*.

To make English Sausages.

TAKE the lean of a fillet of young Pork, chop and bruise it small, then to every pound put a quarter of a pound of fat, well skinn'd; season it with pepper, salt, and a little nutmeg; add some grated bread: mix them all well together; put the mass into guts season'd with water and salt; and tie them.

FOR PORK-PYES, &c. see the Article of PASTRY.

FOR PICKLED-PORK, &c. see the Article of PICKLING.

V E A L.

To make Scots-Collops, brown.

TAKE a Fillet of Veal, cut it in thin collops, and hack them well; season them with nutmeg, pepper, and salt; then fry them off quick and brown; then brown off a piece of butter, gold colour, thicken'd with flour; and put in some good clear gravy, mushrooms, morels, truffles, and force-meat-balls, with sweet-bread diced; squeeze in an orange or lemon; let this boil of a right thickness, then put in your Collops, but don't let them boil: toss up the Collops quick, and serve them up.

To make white Collops.

CUT them small, and hack them well; season with nutmeg, pepper and salt, and pass them quick of a pale colour, in a little bit of butter; squeeze in a lemon, put in half a pint of cream, the yolks of four eggs; toss them up thick, and serve them up.

Olives of Veal.

TAKE eight or ten Scots-collops, wash them over with egg-batter; season, and lay over them a little forced-meat; roll them up, and roast them, and make a ragoû for them; garnish the dish with sliced orange.

Bombarded Veal.

TAKE bacon, a piece of a long square, cut that in thin slices, lay them on a dresser, cut slices of Veal, lay them on your bacon, make a piece of good forced-meat, spread some thin, and lay it on your Veal, but season your Veal first, with pepper and salt, before you lay your forced-meat; then roll these up one by one, spit them on a lark-spit all even, wash them over with eggs,

and crum them with Crumbs of bread; then roast them, and have a good ragoû to serve up with them.

To fry Veal Sweet-breads.

BLanch them, and cut every one of them into three or four pieces; lay them two hours in a marinade made with lemon-juice, salt, pepper, whole cloves, a bay-leaf, and an onion sliced; afterwards take the sweet-breads out of the marinade, dry them with a cloth, dip them in beaten yolks of eggs, and crum them, and fry them in lard: when they are brown, drain them; fry some parsley; put fry'd parsley in the middle, and serve them on plates or little dishes.

To roast Veal Sweet-breads.

LARD them with small lardoons of bacon; put them on a skewer, fasten them to a spit, and roast them brown; put some good gravy into a dish, lay in the sweet-breads, and serve them up.

You must set your sweet-breads, and spit then, then egg and bread them, or they won't be brown.

A Ragoû of a Breast of Veal.

BONE a Breast of Veal; take out a large square piece; cut the rest into small pieces; brown it in butter; then stew and toss it up in your ragoû for made dishes; thicken it with thickening; put the ragoû in the dish, and lay on the square piece diced lemon, sweet-breads, fippets and bacon fry'd in batter and eggs. Garnish with sliced orange.

To farce and roast a Fillet of Veal.

TAKE beef-suet very small minced with sweet-marjoram, winter-savoury, and thyme; season with salt,

salt, cloves, and mace beaten; put in grated bread; mix them all together, with the yolk of an egg: make small holes in the Veal, and stuff it very thick with these; then spit it, and roast it well. Make the sauce of butter, gravy, and juice of lemon very thick; dish the Veal, and pour the sauce over it. Garnish with slices of lemon.

To roast a Loin of Veal.

SPIT it, and roast it; baste it with sweet butter; set a dish under it, with some vinegar, a few sage-leaves, and a little rosemary and thyme; let the gravy drop on these, and when the Veal is roasted, let the herbs and gravy boil once or twice on the fire; serve it under the Veal.

To boil a Leg of Veal and Bacon.

LARD the Veal over with large lardoons of bacon, and lemon-peel; boil it with a piece of middling bacon; when the bacon is boil'd enough, cut it in slices; put the veal into a dish, and lay the bacon round it; serve it up with green sauce in saucers, which is made thus: Beat two or three handfuls of sorrel in a mortar, with two pippens quarter'd, and put vinegar and sugar to it.

To stew Veal.

CUT it into small pieces, season them with salt, whole pepper, and onion, lemon-peel, and mace, two or three shallots; stew them in water, or port-wine, with a little butter; when it is enough, put in some yolks of eggs beaten; let them boil once or twice; dish, and serve them up.

To make a Fricassie of Veal.

ROAST the lean end of a loin of Veal, let it stand till it is cold, cut it into slices; set a sauce-pan with butter over the stove, melt

the butter, and put in a pinch of flour, a few cives, and parsley shred; move the pan over the stove about a minute or two; season the Veal with salt and pepper, put it into the pan, and give it two or three turns over the stove; then put a little broth, and let it boil a little; afterwards put in three or four yolks of eggs, beat up in cream, and some shred parsley to thicken it; keep it moving over the fire, till it is thick enough; then serve it up.

To fricassie a Calf's Head.

TAKE a Calf's Head, clean it, and boil it, then cut it into square pieces of the bigness of a walnut, put into it half a pint of its own liquor; then toss it up with mushrooms, sweet-breads, and artichoke-bottoms, cream, and yolks of eggs; season it with mace and nutmeg, squeeze in a lemon, and serve it up hot.

Calf's Head hash'd.

CLean and boil your head enough, take half your head, and cut in thin slices; have a good ragoû of forced-meat-balls, morels, truffles, mushrooms, artichoke-bottoms, veal sweet-breads, throw in your slices, season your ragoû, a faggot of thyme and parsley, a bit of garlic, and squeeze a lemon in it, but scum it well; for the other half head score it like diamonds cross-and-cross, season it with pepper and salt, then rub it over with a yolk of an egg, then strew some crumbs of bread over it, and broil it; pour your hash in your dish, and lay the half head in the middle, the brains after set off and cut in slices, you must egg and flour, and fry, to lay round; you must fry some bacon, and lay round with sliced lemon.

To collar Veal.

TAKE a breast of Veal, bone, wash, and steep it in three or four waters, dry it with a cloth, and season it with savoury spice; shred sweet herbs, and slices of bacon; roll them up in a collar, in a cloth, and boil in water and salt, and whole spice; scum it clean, then take it up, and when cold, keep it in the pickle.

To ragoû a Breast of Veal.

TAKE a breast of Veal, bone it, cut a large square piece; then cut the rest into small pieces, brown it in butter, stew it in your ragoû for made dishes, thicken it with brown butter, and put the ragoû into the dish; lay on the square piece, dic'd lemon, sweet-breads, fippets, and bacon fry'd in batter of eggs: Garnish with slic'd oranges.

A Ragoû of Sweet-breads.

TAKE Sweet-breads, wash them, and put them into boiling water, to blanch them, and then throw them into cold water; dry them with a linen cloth, set them in a

sauce-pan over the fire, with a little melted bacon, salt, pepper, and a faggot of sweet herbs; toss them up together, put to them some good gravy to moisten them, let them simmer a while over the fire. You must thicken it with thickening.

A Ragoû for made Dishes.

TAKE cocks-combs, boil'd and blanch'd, sweet-breads slic'd, and lambs-stones; toss them up in gravy, with sweet herbs, savoury spice, mushrooms, truffles, morels, and oysters; use it when you have occasion.

To make Sausages for Scots Collops.

TAKE some veal and beef-suet, sage, thyme, a little winter-savoury, some grated nutmeg, beaten cloves and mace, a little pepper and salt; beat all these very well together; afterwards beat two eggs, and put to it; heat them again all together; roll them up with grated bread; fry, and serve them up.

For VEAL-PYE, see the Article of PASTRY.

S O U P.

To make Stock for Soup.

TAKE a leg of Beef, a knuckle of Veal, two or three carrots, three turneps, three onions, thyme and parsley; boil this and scum it well, put some pepper and salt, two or three blades of mace, boil it till the meat breaks to pieces, then strain it off, and scum the fat off. This Stock will serve for any brown soup.

Soupe Santé.

TAKE Beef and Veal cut in thin slices, put sliced turneps, carrots, onions, bacon, in the bottom

of your stew-pan; then lay your meat on the carrots, put on your meat some thin thyme, parsley, a head or two of celery, a little mace; cover them down, put them over a charcoal fire, draw it down till it sticks to the bottom; then fill it up with the above Stock, let it boil slowly till the goodness is out of your meat, then strain it off; cut and wash celery, endive, sorrel, a little chervil, spinach, a piece of leek; put these in a stew-pan, with a bit of butter; stew this over a fire till tender; then put this in your

your Soup, give it a boil up together, and scum the fat off, cut the crust of french-rolls, dry them and soak them in some of your Soup; put this in, and serve your Soup away.

To make a white Soup.

TAKE a knuckle of Veal, soak it in water, then put it in a pot, with carrot, turnep, thyme, parsley, onion, mace, a quarter of a pound of rice, a head or two of celery; boil this till your meat breaks to pieces; then strain it off, send a little of your rice up in it.

Soupe à la Reine.

TAKE a knuckle of Veal, part of a neck of Mutton, soak it in water, put it in a pot with liquor, carrots, turneps, thyme, parsley, and onions; boil and scum it, then season it with some mace, a head or two of celery; boil this down, take half a pound of almonds, blanch and beat them; take two fowls, half roast them, then two sweet-breads set off; beat these in a mortar, put these in your stock, with the crum of two french-rolls; then rub this through a tammy, and serve it up.

To make Gravy-Soup.

CUT some bacon, veal, and buttock of beef in slices; carrots, turneps, onions; put these in a pan well seasoned, cover this close, set it over a fire-draught, fill it thick, then fill it up with your Stock for brown soups.

Peas-Soup.

TAKE some beef and mutton, a piece of pork, a quart of split-peas, thyme and parsley, carrots, turneps, pepper and salt; boil all this till the meat is tender; then cut and wash celery, endive, sorrel, a leek, spinach; put these in a stew-pan, with a bit of butter, stew them

till tender; take your Stock, and rub it through a sieve or tammy; then put these herbs to it, with some dried mint; dry some bread and fry in butter; send your pork in the middle of your dish.

To make a Fish-Stock.

TAKE a scate, put it in a pot, cut your scate in pieces, turneps, carrots, thyme, parsley, onion; take an eel or two, some flounders, cut to pieces; put these in a stew-pan with a piece of butter, stew them down till to pieces; then put these to your scate; boil it well, and strain it off.

To make Cray-fish-Soup.

BOIL off your Cray-fish, take the tails out of the shells; then roast a couple of lobsters, beat these with your cray-fish shells, put this into your Fish-stock, with some crusts of french-rolls; then rub this thro' a tammy, and then put your tails into it. You may force a carp, and put in the middle, if you please, or force some of the shells, and stick on a french-roll.

To make Water Souchey.

GET some of the smallest perch, put them in some water, with some parsley-roots and salt; boil these together very slowly, scald off some green parsley, and lay in it. This is commonly eat with brown bread and butter.

Green Peas-Soup.

TAKE some Veal and Mutton, and make a Stock, boil off some old peas in your stock; then get young peas boiled off by themselves; strain off your stock, scald off a handful of spinach; rub them through a tammy or sieve, with your young and old peas.

To make a Maigre-Soup.

SLICE some carrots and turneps, put them in a stew-pan, with a
E piece

piece of butter; draw them down till they stick to the pan, have some boiling water ready; then pour it into the carrots; boil it up with some seasoning, strain off, then stew celery, endive, spinach, a bit of chervil, a piece of leek, cut small; then pour your liquor to this, and boil it up.

To make strong Broth.

TAKE three or four gallons of water, and put in it a leg of beef, and a crag of mutton; cut them to pieces, and let them boil 12 hours, between whiles stirring them with a stick; and cover it close; afterwards strain and cool it, let it stand till it will jelly; then take the fat from the top, and the dross from the bottom.

To make Plum-pottage.

TAKE two gallons of strong broth, put into it two pounds of currans, two pounds of raisins of the sun, half an ounce of sweet spice, one pound of sugar, a quart of claret, a pint of canary; squeeze three seville-oranges, and three lemons into it, and thicken it with flour, and a pound of prunes.

To make Cullis to thicken Sauces.

TAKE carrot, turnep, onion, put this in the bottom of a stew-pan; slice some veal and ham, and lay over your carrots, thyme, parsley and seasoning; put this over

a fire gently; when it sticks to the bottom, pour in some good stock; put in the crum of some french-rolls, boil them up together, strain it through a sieve, and rub the bread through: this will thicken any brown sauce.

Fish Cullis must be as above, only with Fish instead of Meat.

To make brown Thickening.

PUT a piece of butter in a stew-pan, put it over a fire, put some flour to it, keep it stirring till it is of a gold colour; then put some gravy to it. This Cullis will thicken any sauce.

A Fricassy of Artichokes.

SCRAP the bottoms clean, cut them into large dice, and boil them, but not too soft; then stove them in a little cream, season'd with salt, pepper, and nutmeg; thicken it with the yolks of four eggs, and melted butter, and serve it up.

To fricassy Tripe.

TAKE double Tripe, cut some of the fat part into slices, and dip them into eggs or batter, and fry them to lay round the dish; cut the other part into long slips, and into dice; and toss them up with onion, chopt parsley, melted butter, yolks of eggs, and a little vinegar; season with pepper and salt, and serve it up.

F I S H.

To stew Carp.

KNOCK them on the head, gut and cleanse them, wash out the blood with vinegar and salt, and cut them close to the tail, to the bone; wash them clean; put them in a broad sauce-pan, with two quarts of claret, a faggot of

sweet herbs, a sliced nutmeg, large mace, four or five cloves, whole pepper, and anchovies; cover them close, and stew them about a quarter of an hour; then put to it the blood, with a piece of butter rolled up in flour; lay about them the spawn, milt, and liver.

To

To stew Carp white.

SCALE them, gut and cleanse them, save the roes and milts, then stew them in some good white broth; season them with cloves and mace, salt, and a faggot of herbs, onion, anchovies, and white-wine; and when they are stewed enough, thicken the sauce with the yolks of five eggs, and pass off the roes, and dip them in yolks of eggs and flour, and fry them with some sippets of french bread; then fry a little parsley, and when you serve them up, garnish the dish with the roes, parsley, and sippets.

To fry Eels.

SCOTCH them very thick in, and cut every Eel in eight pieces, mix them with yolks of eggs, and season them with pepper, salt, and grated bread, thyme, and parsley; then put flour on them, and fry them. You may dress them a plain way, only with flour and salt; serve them up with melted butter, and fried parsley.

To collar Eels.

TAKE large silver Eels, scouer them with salt, slit them down the back, and take out the bones, wash and dry them, and season them with spice, parsley shred, thyme, sage, and an onion; then roll each of them in collars, in a little cloth; tie them close, and boil them in water and salt, with the heads and bones, and a faggot of herbs; when they are tender, take them up, and tie them close again; strain the pickle, and put them into it.

To roast Eels.

TAKE Eels, skin and turn them quite round, and scotch them; wash them with melted butter, and spit them cross-wise with a skewer, and tie them on the spit; then strew over them a little thyme,

parsley, pepper, salt, and nutmeg: roast them quick; fry parsley, and lay round the dish; make the sauce with butter and gravy.

To broil Eels whole.

SKIN them, and wash, and dry them; score them with a knife, and season them with crumbs of bread, thyme, parsley, pepper and salt; then turn them round, and skewer them cross-wise, and you may roast or broil them as you please: The sauce may be melted butter, with lemon-juice.

To spitch-cock Eels.

SCOUER them in their skins with salt, and wash and dry them; then slit them down the back, and take out the back-bone, and slash them with the back of a knife; season them with salt, pepper, chopp'd parsley, and thyme; wash the inside with melted butter, and cut them into pieces about three inches long, and broil them; make the sauce with melted butter, and orange-juice.

To pot Eels.

TAKE jamaica-pepper, common pepper pounded fine, and salt; mix them together, and strew some of it at the bottom of an earthen pan; cut the Eels, and lay them over it, and then strew more of the seasoning over them, and put in another lay of Eels, repeating this method till you have put in all the Eels; then place a few bay-leaves upon them, pour in as much vinegar as is convenient with the like quantity; cover the pan with brown paper, and bake them; then pour off the liquor, and take as much clarified butter as will cover them, pour it upon them, and lay them by for use.

To stew Cod.

TAKE a Cod, cut it into thin slices, lay them in rows at the
E 2 bottom

bottom of a dish; put in a pint of white-wine, half a pound of butter, a few oysters, with their liquor, a little mace, some crumbs of bread, with pepper and salt; stew them all till they are enough: Garnish the dish with lemon.

To boil a Cod's Head.

TAKE vinegar and salt, a faggot of sweet herbs, and an onion; set them on the fire, in a kettle of water, boil them, and put in the head; and while it is boiling, put in cold water and vinegar; and when it is boiled, take it up, and put it into a dish, and make for sauce as follows: Take gravy and claret, boil'd with a faggot of sweet herbs and an onion, two or three anchovies, drawn with two pounds of butter, a pint of shrimps, oysters, the meat of a lobster shred fine: You may stick little toasts on the head, and lay on and about the roe, milt, and liver: Garnish the dish with fried parsley, lemon, barberries, horse-radish, and fried fish.

To make a Ragoût of Cod.

WASH the Cod clean, and boil it in water, with vinegar, pepper, salt, a bay-leaf, and lemon; make a sauce of burnt butter, fry'd flour, capers, and oysters; when you serve it up, put in some black pepper and lemon-juice.

To dress a dish of Fish in general.

TAKE water, salt, half a pint of vinegar, a sprig of thyme, a small onion, and a little lemon-peel, boil them all together; then put in your Fish, and when it is enough, take them out, and drain them well; lay them over a stewing-hole to keep them warm. If you want to fry any Fish, stew some crumbs of grated bread, very fine, over them, and fry them in sweet oil; then drain them well, and keep them warm.

To roast Lobsters.

TIE them to the spit alive, and baste them with hot water and salt, roast them till they turn red, and serve them up with melted butter in one cup, and anchovy and butter in another.

To butter Lobsters.

PUT by the tails whole, to lay in the middle of the dish; then take the meat, and cut it into large pieces; put in a large piece of butter, two spoonfuls of rhenish-wine, and squeeze the juice of a lemon, and serve it up.

To roast a Pike.

TAKE a Pike, scale and slash it from head to tail, lard it with the flesh of Eels roll'd up in sweet herbs and spice, fill it with fish and forc'd meat; roast it at length, baste and bread it; make the sauce of drawn butter, anchovies, the roe and liver, with mushrooms, capers, and oysters: Garnish with sliced lemon.

To boil a Turbot.

PUT the Turbot into a kettle, with white-wine-vinegar and lemon; season with salt and onions, add to these water; boil it over a gentle fire; you must scum it very clean: Garnish with slices of lemon on the top.

To make Fish Sauce.

TAKE some gravy, slice an onion, wash some anchovies, thyme, parsley sliced, horse-radish, cloves, and mace; boil these together, strain this off, put a bit of thickening in it, and some butter; draw this up together, and squeeze a lemon in it; you may put shrimps or oysters in it; if you make it lobster sauce, you must cut your lobster in slices, and the spawn you must beat in a mortar, with a bit of butter: this will colour your sauce.

To broil a Pike.

SPLIT it, and scotch it with a knife on the outsides; season it with salt, put the gridiron on a clear fire, make it very hot; then lay on the Pike, baste it with butter, turn it often, and when it is broiled crisp and stiff, put it into a dish, and serve it up, with butter, and the juice of lemons, or white-wine-vinegar: Garnish with slices of oranges or lemons.

To broil Maycril.

YOU may split them, or broil them whole, pepper and salt them; for sauce, scald some mint and fenel, chop them small; then melt some butter, and put your herbs in: you may scald some goof-berries, and lay over your Maycril.

A Bisque of Fish.

TAKE any sort of Fish, clean it well, and steep it in white-wine-vinegar, a handful of salt, whole spice, a bunch of sweet herbs, a few whole onions, and a lemon shred; cover the Fish with these ingredients, and let them stand almost an hour; then put them all together into a pot, and when they are half boil'd, add some boiling water to it, to make the fish firm; then fry some of the other in hot liquor; make a sauce with oysters, shrimps, mushrooms, capers, a bundle of sweet herbs, two anchovies, two whole onions stuck with cloves, the yolks of eggs, the juice of a lemon, nutmeg and horse-radish scrap'd, intermixt with butter; draw it up very thick, then dish your Fish, and run over the sauces: Garnish your fry'd Fish with parsley, horse-radish, and slic'd lemon.

To recover Anchovies that have, by the loss of the Pickle, become rusty, or decay'd.

TO a gallon of fair water put two pounds of salt-petre, boil it till

a fourth part is consum'd, scumming it continually as the scum rises; then put to it a quarter of an ounce of crystal of tartar; mix these, well stirring them; then unpack the damag'd Fish, and repacking them lightly, pour in the new pickle, mix'd with a pint of good old pickle, and stop them up close 24 days; and when you open them again, cover them with fine beaten bay-salt, and let them stand three or four days; then, as you take them out for use, be careful to cover them down with a slate, and they will succeed well.

To recover Sturgeon, or Salmon that is decay'd.

TAKE a gallon of white-wine-vinegar, boil it by itself, with three or four slices of ginger in it; boil separately two quarts of water, and a pint of white-wine, with a handful of salt; mix these together, then steep the Fish four or five hours in warm water, take it out, and dry it; mix the pickles together, and put them to it lukewarm; cover or head up close the vessel or cask you put them in, and let them stand 10 or 12 days before you open them.

To make Cray-fish red.

RUB them with aqua-vitæ, and it will succeed to admiration.

To stew Carps.

TAKE your carps fresh out of the water; scale them, and gut them; then wash the blood out of the body of each carp with a few spoonfuls of claret wine; save that by itself; cut the carps in pieces, and stew them in a little fresh butter; three or four great onions whole, a few blades of mace, with a little bunch of thyme and winter-savoury; after they have stew'd awhile, take out the carps, and lay them by, tolding them up in a li-

nen, till your liquor be fitted to receive them again; otherwise the carps would be boil'd to pieces before the liquor were consum'd to a fit thickness: after the carps are out, put in the blood you wash'd out of their bodies, with the claret, and half a pint or a pint of gravy of mutton or beef, according to the quantity of your fish, with a little butter and salt to the butter you stew'd the carps in; and when you think this butter almost boil'd to a fit consistence, put in the carps again, and stew all together, till the same be almost as thick as well-drawn butter; and so serve it in. If you put two spoonfuls of elder-vinegar to the liquor, when you take it up, it will acquire a more grateful taste.

To dress a Crab.

TAKE all the body and the meat of the legs, and put them together in a dish to heat with a little broth or gravy, just to make them moist; then when they may be hot, have ready some good broth or gravy with an anchovy dissolved in it, and the juice of a little lemon together; heat it; afterwards thicken it up with butter, and stir it in the Crab, as it is hot: then serve it all up in the shell.

To make a Fricassé of Perch.

BOIL the Perch, and strip them of the bones; then half cover them with white-wine; put in two or three anchovies, a little pepper and salt, and grated nutmeg; afterwards warm it over the fire; put in a little parsley and onions, and the yolks of eggs well-beaten: toss it together, put in a little thick butter, and serve it up.

To roast a Pike.

SCALE and gut it, but not upon the belly; then take a sweetbread broil'd, shred it very small, and mix it with crums of brown bread, one anchovy, two yolks of eggs, half a nutmeg, a few mushrooms cut small, a little lemon without the rind cut small, a little sweet-majoram and parsley cut small: mix these all together to a pretty thickness; afterwards put it into the belly of the fish, tie it on a stick with new packthread, and roast it. Make for the sauce some good gravy, with a bit of onion stuck with cloves, some mushrooms, and the liquor; stir together with a little white-wine, and the juice of an orange; thicken it with butter, put it to the Pike, and serve it up.

To stew Soles.

GUT and skin the soles; half-fry them; then have ready the quantity you like of half white-wine and half water, with some gravy mixt together, a whole onion stuck with cloves, and a little whole pepper; afterwards stew them all together, with a little shred lemon, and two or three mushrooms: when they are done enough, thicken the sauce with good butter, and serve it up.

To dry Whittings.

TAKE the Whittings, when they come fresh in, and lay them in salt and water about four hours, the water being not too salt; then hang them up by the tails with a string two days near a fire; after which skin and broil them.

For FISH-PYES, see the Article of PASTRY.

See also PICKLING.

PASTRY.

P A S T R Y.

PASTE, LEARS, PYES, &c.

To make Puff-Paste.

TO a pound of flour, put half a pound of butter, and two eggs, work it up light with fair water; then roll it out, and lay several little bits of butter upon it, the bigness of a large nutmeg; fold it up, and roll it out again; then butter and fold it up again, and flour it; repeat it three times, and then roll it for use, and it will rise well. It is a Paste that may be used on several occasions.

Paste for a Pastry.

TAKE a peck of flour, put to it seven pounds of butter, and four eggs; work it up with cold water.

To make Paste for a high Pye.

TAKE a peck of flour, and work it up with three pounds of butter, melted in a sauce-pan of boiling liquor into a stiff Paste.

To make Paste for Patty Paste.

TO four pounds of flour put a pound and a half of butter; work it in well with half a pound of eight-penny-sugar sifted; then work it up quick with water. This will serve all sorts of Tarts or sweet Patties. — Or you may make it thus:

TAKE two pounds of flour, a pound of butter, and two eggs; work it up, but not too stiff. This Paste will come well out of your pans.

To make Almond Paste.

TAKE a pound of almonds; blanch them and beat them very fine in a mortar; put some water to

them, to prevent their oiling; then mix them with two pounds of flour, rub it in with a pound of powder'd sugar; after which put in half a pound of butter, six yolks and two whites of eggs. This will serve for rich Tarts and sweet Pyes.

To make Paste for a Custard.

TAKE flour, and make it into a stiff Paste with hot water, and sprinkle it with cold water to prevent its cracking.

To make Crocant Paste.

TAKE one pound of flour, half a pound of sifted sugar, a quarter of a pound of butter worked together; mix this with eggs.

L E A R S for Pyes.

A Lear for Savoury Pyes.

TAKE claret, gravy, oyster-liquor, two or three anchovies, a bunch of sweet herbs, and an onion; boil them up, and thicken it with brown thickening, then pour it into your Savoury Pyes, when called for.

A Lear for Fish-Pyes.

TAKE claret, white-wine vinegar, oyster-liquor, anchovies, and drawn butter; and when the Pyes are baked, pour it in with a funnel.

A Lear for Pasties.

TAKE the bones of the meat of which it is to be made, cover them with water, and bake them with the Pasty; and when it comes out, strain the liquor, and put it into the Pasty; put some pepper and salt in it.

A Caudle for Sweet-Pyes.

TAKE Canary and white wine equal quantities, a little verjuice and sugar; boil them, and brew them with two or three eggs, as butter'd ale: when your Pyes are baked, pour the Caudle in at the funnel, and shake it together.

P Y E S.

Ingredients for Sweet-Pyes; the meat being Fish or Fowl.

SPice balls, citron, lemon and orange-peels, Spanish potatoes, skirrets, raisins, currans, grapes, goosberries, and damsons.

Ingredients for Savoury Pyes.

SAVOURY spice-balls, bacon, shiver'd palates, lamb-stones, cocks-combs and stones, artichoke-bottoms, oysters, mushrooms, truffles, and morels.

To make Lumber Pye.

RAISE your crust, then fill it with minced-meat, such as minced-pyes, only chop some spinach, and mix with it; lay on the top citron, orange-peel, damsons, white pums, hard eggs; when it is baked make a white-wine Caudle, and put into it: which is made thus:

HALF a pint of white-wine, a quarter of a pint of verjuice, some sugar and nutmeg, the yolks of four eggs beaten; stir this over the fire till it thicken; pour this into your Pye.

An Artichoke Pye.

TAKE the bottoms of six or eight Artichokes boil'd and sliced; season them with spice, and mix with them the marrow of three bones, upon these lay some dates, yolks of hard eggs, citron and mace; then cover these with butter; bake, and pour in hot wine and sugar.

A Battalia Pye of Pigeons.

SHEET your dish, season your Pigeons, and lay them; in lay on them some slices of bacon, forced-meat-balls, mushrooms, sweet-breads, tops of asparagus, cocks-combs, artichoke-bottoms blanch'd and sliced with the yolks of hard eggs, a blade of mace, some slices of butter; then cover your Pye, have a good gravy to put in it when baked. You may make them of Chickens or Rabbits.

A Calf's Head Pye.

TAKE a Calf's Head, boil it till you can take out all the bones, cut it into thin slices, and lay it in the Pye, with ingredients for savoury Pyes.

A Chicken Pye.

TAKE six small Chickens, put into them a piece of butter rolled up in sweet spice; season them, and put them into the Pye, with the marrow of two bones, with a few currans and raisins of the sun stoned, a few skirrets boil'd and blanch'd, dates, candied lemon and dried citron, preserved barberries, sliced lemon, large mace and butter; close it, bake it; and when it is taken out of the oven, make a Caudle of white-wine, verjuice and sugar, beat up with the yolks of three or four eggs; set them on the fire, and keep stirring till it is thick; then put it in, and shake it; scrape sugar upon it, and serve it up.

Egg Pyes.

TAKE the yolks of 20 hard Eggs, shred them with the same weight of marrow and beef suet; season it with sweet spice, citron and lemon; fill and close the Pyes.

A Goose Pye.

TAKE a Goose, bone it; season it with savoury spice, and lay it into the Pye with two rabbits; lay on lutter, and close the Pye.

Another

Another Goose Pye.

PARboil and bone the Goose; season it with salt and pepper, and put it into a deep crust, with a quantity of butter; bake it well, and fill it up at the vent-hole with melted butter, and serve it up.

A Hare Pye.

CUT the Hare in pieces, and season them with savoury spice; lay them into the Pye with balls, sliced lemon and butter, and close the Pye; put slices of bacon.

A Hen Pye.

TAKE a Hen cut in pieces, season it, and lay it in the crust with balls, yolks of hard eggs, sliced lemon, butter, and close the Pye; bake it, and then pour a lear thicken'd with eggs, into it.

A Lamb Pye.

TAKE a hind quarter of Lamb, cut it into thin slices; season them with savoury spice, and lay them into the Pye, with a hard lettuce, artichoke-bottoms, the tops of 100 asparagus; cover them with butter, and close the Pye; and when it is baked, pour a lear into it.

A Lumber Pye.

TAKE a pound and half of fillet of veal, and mince it with an equal quantity of beef suet; season it; add five pippens, a handful of spinach, a hard lettuce, thyme and parsley; mix with it a penny white loaf grated, the yolks of two or three eggs, canary, and orange-flower-water, a pound and a half of currans, and preserves as in the chicken Pye.

Minced Pyes.

TAKE a neat's tongue, parboil and shred a pound of it, with two pounds of beef suet, five or six pippins, and a green lemon-peel; season it with half an ounce of sweet spice and a pound of sugar; add two pounds of currans, a quarter

of a pound of citron, lemon and orange peel, half a pint of canary, a little orange-flower water, half a pint of rose water, the same of verjuice; mix all these together, and fill your Pyes.

A Mutton Pye.

CUT a loin of Mutton into steaks, season it with savoury spice, and fill the Pye; lay on butter, and close it: when it is baked, take a handful of capers, cucumbers and oysters chopt in gravy, an anchovy and drawn butter, and put to it.

A Sweet-bread Pye.

TAKE two or three Sweet-breads, cut them the bigness of half a crown; cut artichoke-bottoms boil'd tender; take out all the skins from the Sweet-breads, take truffles and morels, boil them in a little gravy, put in some mushrooms and palates boil'd tender, and cut in pieces with oysters; season the Sweet-breads with salt and pepper; put in three yolks of eggs boil'd hard; let these ingredients lie in your dish, with three spoonfuls of water; put puff-paste in the dish, and cover it with the same when it comes out of the oven; take white gravy with a little white-wine boil'd well, cut the lid transversely; take out some of the quarters, and pour in the liquor; send it to the table with the quarters cut out.

A Pigeon Pye.

TRUSS and season the Pigeons with savoury spice, lard them with bacon, and stuff them with forced meat, and put them into the Pye, with the ingredients for savoury Pyes, and butter, and close up the Pye; and when it is baked, make a lear.

A Veal Pye.

RAISE a high Pye, cut a Fillet of Veal into three or four Fillers; season

season them with savoury spice, and a few sweet herbs and sage minced; lay slices of bacon at the bottom and between each piece, slices of butter on the top; and close up the Pye, and bake it.

Hashed Patty.

TAKE the breast of your fowls or pheasants that have been roasted off, mince them, season it with pepper, salt, and beaten mace; toss this up in a pan with gravy and butter; put this into your crust, cover it over, bake it; then cut six pointed pieces out of the lid, lay them round the side of the dish, poach six eggs, put one upon each piece of crust, and serve it up.

To make a Spinach Toast.

BLanch off some Spinach, put it into cold water, squeeze it dry, chop it very small, and chop some citron small, melt some butter, mix the butter, citron and spinach together, with some sugar and six eggs; put this into your crust, and cross-bar it over, then bake it.

A Veal Pasty.

TAKE a quarter of a peck of fine flour, and a pound of butter, which break into little pieces; put in salt, and half an egg, as much cold milk as will make it into paste; make a sheet of Pasty; take a breast of Veal, bone and season it with pepper and salt; lay butter in the bottom of your paste, and lay in the Veal; put in whole mace with a lemon sliced thin, and the rind of it; cover it with butter, close it up; and when it is baked, cut it up, and heat white-wine, butter, yolks of eggs and sugar; pour them in, and serve it up.

A Venison Pye.

RAISE a high Pye, and shred a pound of beef suet, put it at the bottom; cut the Venison in pieces, and season them with pepper and

salt, and put them upon the suet; then lay on butter, and close the Pye; let it stand in the oven six hours.

A Venison Pasty.

TAKE half a peck of flour, four pounds of butter, and mix them into a paste with cold water; take Venison, and bone it; break the bones, season them with salt and pepper; boil them, and when the Pasty is baked, fill it with this liquor: take a pound of beef-suet, cut it into slices, strew pepper and salt on it; put in the Venison, seasoned pretty high with salt and black pepper bruised; set pudden-crust round the inside of the Pasty; lay on fresh butter, and close it; and when it is baked, put in the foregoing liquor, and shake it all well together.

A Carp Pye.

TAKE a Carp, bleed it at the tail, cut open the belly, draw and wash out the blood with claret, vinegar, and salt; then season it with savoury spice, and sweet herbs shred; lay it in the Pye with a pint of large oysters and butter; close the Pye, and when it is baked, put into the leaver the blood and claret, and pour it into the Pye.

An Oyster Pye.

TAKE a quart of large Oysters, parboil them in their liquor, with pistachio-nuts, marrow, an onion, and savoury spice, and a little bread grated; when the Pye is baked, take out the onion, lay on butter, and close the Pye.

To candy Tarts, or Puff-paste.

TAKE two or three whites of new-laid eggs; beat them with a spoon in a deep dish; and still, as the froth rises, take it off, and stir it with very fine sugar, and a very little rose-water; then, either with a spoon or feather, lay it upon that you would candy; but observe particularly,

icularly, to take none but the froth that rises.

To make a Salmon Pye.

FIRST, take a piece of Salmon, peel and wash it; then put some spice, onions, sweet-herbs, and boil'd vinegar over it, hot; let it lie thus for half an hour; afterwards bake it in a patty-pan, open, with a border of rich paste, either of cold butter, or of puff; when 'tis bak'd, take off the oil, and put over it a good lear made of shrimps, oysters, crabs, lobsters, or what else you please; serve it away hot. You may make any other fresh-water fish-pye that way.——To make your lear, if you use oysters first, parboil them; then take some of the clearest of their liquor, with white-wine, or very nice anchovy, pepper, ginger, and grated nutmeg; draw up your butter thick with this; afterwards put in your oysters, shrimps, crabs, or lobsters; and if you do not think it enough, stir in the yolk of an egg, and put it over your Pye hot: Thus you may make any lear, either sweet or sour, at your own discretion.

Savoury Balls.

TAKE part of a leg of lamb or veal, chop it fine, with the like quantity of beef-suet minced, a little lean bacon, sweet herbs, a shallot, and anchovies; put some grated bread and eggs, and mix it; beat them in a mortar till they are as smooth as wax; season with savoury spice, and make it up into little Balls.

Sweet Balls.

TAKE part of a leg of lamb, or veal, chop it fine, with the like quantity of beef-suet; put to it a pretty quantity of currans; season it with sweet spice, a little lemon-peel, three or four yolks of eggs, some grated bread, and a few sweet herbs; mix them well together, and make little Balls.

Fish Balls.

TAKE Carp and Eels, mince them fine, mix them together, with the like quantity of suet, sweet herbs, and savoury spice, grated bread and eggs; beat them in a mortar, and make up into little Balls.

FLORENDINES, PUDDENS, &c.

A Florendine.

TAKE two pounds of cheese-curds, a pound of blanch'd almonds finely beat, half a pound of currans, half a pound of butter, six eggs, rose-water, and sugar according to your palate; mix them with stew'd spinach cut small; lay puff-paste on the top and bottom of the dish, and bake it in a gentle oven.

An Apple and Orange Florendine.

TAKE six seville-oranges, cut them in two, save the juice; take the pulp, and lay it in water 24 hours, shifting it three or four times; then

boil them in three or four waters, and in the last put to them a pound of fine sugar, and their juice; boil them to a syrup; let them stand in the syrup in an earthen pot: When you use them, cut them in thin slices. Two of these Oranges, mixt with 10 Pippens, pared and quarter'd, and boil'd up in water and sugar, will make a Florendine. Lay it on puff-paste in a dish, and garnish the brim.

A Florendine of Kidney of Veal.

TAKE the Kidney of a Loin of Veal, together with the fat, and shred

shred them with spinach, parsley, and lettuce, three pippins, and some orange-peel; season it with sweet spice and sugar, and a good handful of currans, two or three grated biscuits, sack, and orange-flower water; 2 or 3 eggs; mix them well together, and put them into a dish cover'd with puff-paste; lay on a cut lid, and garnish the brim.

To make an Almond-Pudden.

TAKE half a pound of Jordan Almonds blanch'd; pound them in a mortar, with four grated biscuits, and three quarters of a pound of butter, sack, and orange-flower water; then mix it with a quart of cream boiled, and mix with twelve eggs, sweet spice, and sugar; cover the dish with puff-paste, pour it in, and garnish it.

An Almond-Pudden boiled.

TAKE ten eggs, beat and strain them into a quart of cream; then grate in a penny white loaf, with a nutmeg, half a pound of Almonds blanch'd and beat fine, six spoonfuls of flour; mix them well, and sweeten them with sugar; flour your bag, or cloth; put the Pudden into the pot while it boils, and when it is enough, take it out, and pour on it a little rose-water, with some melted butter: Garnish it with blanch'd Almonds, and serve it up.

A baked Bread-Pudden.

TAKE a penny loaf, cut it into thin slices; boil a quart of cream, or new milk, and put in the bread; break it very fine, put in a nutmeg grated, half a pound of butter, 10 eggs, and half a pound of sugar; stir them all well together; butter a dish, and let it bake an hour.

A boiled Bread-Pudden.

TAKE a quart of cream, boil it with salt, sugar, and sweet spice; the sugar must not be boiled in the

milk; boil 3 laurel-leaves in the milk, it will taste like almonds; then take 3 French rolls, and slice in, and let it stand till it is cold; after which drain it, and rub the bread through a colander; put in the yolks of 12, and whites of 4 eggs; then stir them well together, butter a dish, and put it in; tie a cloth over it, boil it, and serve it up with drawn butter.

A Carrot-Pudden.

TAKE raw Carrots, scrape them clean, grate them, and to half a pound of Carrot put a pound of grated bread, a nutmeg, a little cinnamon, and salt; half a pound of sugar, and half a pint of sack, 12 eggs, a pound of butter melted, and as much cream or new milk as will mix it well together; stir and beat it well, and put it into a dish, with puff-paste at the bottom, and bake it.

An Orange-Pudden.

TAKE the rinds of two Seville-oranges, the yellow part only; grate them, and boil them as a Florendine of oranges and apples; and season them as the carrots.

An Oatmeal-Pudden.

TAKE three pints of thick cream, boil it, and put to it three quarters of a pound of beef-suet shred very fine; a pound of butter, and half a pound of sugar, a grated nutmeg, a little salt; thicken them all with a pint of fine Oatmeal; stir it together, and pour it into a pan, and cover it close, till it is almost cold; then add the yolks of 12 eggs; mix all well together, put a sheet of puff-paste in the dish, and stick lumps of marrow in it: Let it stand in the oven two hours.

To make a Cream-Pudden.

TAKE flour, and mix it with a like quantity of grated bread, some dates minc'd, cinnamon and nutmeg

nutmeg finely beaten, beef-suet, sugar, eggs, and warm cream; then take half the Pudden for one side, and half for the other; make it up round, and put some butter and cream into the middle of it, and close it up; put it into the pot, in a cloth, when the liquor boils; and when boil'd, serve it up in two halves, with butter, rose-water, and sugar, beaten well together, and warm.

To make excellent Black-Puddens.

TAKE oatmeal a little ground; grate to every quart of it a half-penny stale white loaf; soak these in milk a night, then in the hog's blood warm 12 hours; after which mince your fat or lard small, mingle and stir them to a proper thickness; then mince penny-royal, white-savoury, and such other proper sweet herbs as the season will afford, and stir them together; season them with a sprinkling of salt, and fill the guts with them, tying them at what convenient lengths you please; and when you have boil'd them, hang them up in a dry loft, near the chimney, to keep them from moistness or mouldying.

White-Puddens, the best way to make them.

GRATE fine manchet, sprinkle a little flour on it, and beat a small quantity of mace and nutmeg; steep these in as much milk as they will thicken like pap; then to every quart of this put a quarter of a pound of currans, and four ounces of almonds, chopt marrow and sugar; mix them well together, and put them into fine thin guts, well clean'd, and rinsed in warm water; tie them up as the former, and keep them in dry boxes when boil'd.

Plain Pudden.

TAKE your milk, and scald it, and put in equal quantities of grated

bread and suet, and 8 eggs; let it stand cover'd a quarter of an hour; season it with nutmeg and sugar; mix them up with a little flour, and let it boil two hours.

Marrow-Pudden.

TAKE a quart of cream, or new milk, put to it four ounces of biscuit, twelve eggs, nutmeg, salt, the Marrow of two bones; season it with a little sugar, put in two ounces of currans, set it softly on the fire, then let it cool, and bake it in puff-paste; cut some candied orange-peel on the top, and some bits of Marrow.

Rice-Pudden.

TAKE a pint of thick cream, set it on the fire, and put into it three spoonfuls of the flour of Rice; stir it, when it is thick, pour it into a pan, and put to it half a pound of fresh butter; stir it till it is almost cold, then add a grated nutmeg, a little salt, sugar, and sack, the yolks of six eggs; stir it well together, put puff-paste at the bottom of the dish, pour it in, and bake it about an hour.

A Tansey.

TAKE twenty yolks, and eight whites of eggs, beat them well, and strain them into a quart of thick cream; one nutmeg, and three Naples-biscuits grated, as much juice of spinach, with a little Tansey; sweeten it to your palate; you must butter the dish, and butter a sheet of paper, and put in your dish, or it will not come out; and set it in an oven fit to bake custards; watch it, and when it is done, take it out, and turn it on a pye-plate; scrape sugar, and squeeze orange over it: Garnish the dish with orange and lemon, and serve it up.

A Plum-Pudden.

TAKE a pound of beef-suet, cut it small, mix it up with a quart of

of new milk; put in some nutmeg, salt, and six eggs; then mix thick with flour; add to it half a pound of currans, and the like quantity of raisins: Bake it, or boil it.

Apricot-Pudden.

CODDLE six large Apricots very tender, break them very small, sweeten them to your taste; when they are cold, add six eggs, but only two whites, a little cream; put it in puff-paste, and bake it. You may thus make any Fruit-Puddens.

To make Tunbridge Puddens.

TAKE a pint of great oatmeal, pick'd and dry'd; then put it into a mortar, and bruise it, but not small; put to it a quart of new milk, and boil it a quarter of an hour; then cover it close, and let it stand till 'tis cold; afterwards take eight eggs beaten and strain'd, a penny-loaf grated, half a pound of beef-suet shred small, half a nutmeg grated, three spoonfuls of sack, a quarter of a pound of sugar, or more: mix all these well with your hand; it will require three hours boiling; pour a good deal of butter over it. This quantity will make a large Pudden.

To make a Tansy.

OUT of sixteen eggs, take eight of the whites, half a pint of thick cream; beat the eggs and cream together; put into it the crums of a penny manchet, a nutmeg grated,

a little sugar and salt, according to your taste; then get a handful of spinach, beat, strain, and colour it, as you think fit; beat all these ingredients well together; afterwards take a frying-pan, heat it over the fire with a bit of butter the bigness of a small nut; pour it into a pan over a slow fire; keep it stirring, till it will all leave the pan; put in no more butter; put it out upon a plate; then put some oranges in quarters about it, and serve it up.

Another Way for a Tansy.

BEAT sixteen eggs well, put into them a pint of cream, half a pint of juice of Tansy, and some nutmeg; sweeten it to your taste; put in two penny-loaves grated; if it be too thick, put in more cream to fry with it.

To make Black-Puddens.

TAKE two quarts of cutlings, and five quarts of milk; boil the cutlings very well in the milk, till they be tender; let them stand all night stopt close; then take them out, and beat them very well in a mortar; after which mix them with twelve eggs and sweet herbs, cloves, mace, nutmeg, and a little salt, according to your palate; put in two pounds of beef-suet, two pounds of hogs lard, and as much sheeps blood as you think convenient; and do not season them till your ingredients are all together.

CUSTARDS, CHEESECAKES, &c.

To make Orange-Loaves.

SCRAPE the Seville-oranges, and cut off a piece of the top; take out all the meat, and as much of the white as you can, without breaking them; boil them in water till they are tender, shifting the water (al-

ways put hot water to them, except the first time) till they are not bitter; take them up, and wipe them dry; then take a pound of eight-penny sugar, and a quart of water; let it boil, and scum it clean; then put in the Oranges, and let them boil

oil a little; then let them stand in that syrup all night; take them out of the syrup, and fill them with a thick custard (before 'tis bak'd); put on the lids, and bake them; and when they are cold, send them to the table. You may fill them with any sort of rich Puddens; but must then eat them hot, with sack and butter pour'd over them.

A Custard.

TAKE a quart of cream, on new milk, and a stick of cinamon, four laurel-leaves, and some large mace; boil them all together; take twelve eggs, beat them well together, and mix them with sugar and canary, till a white scum arises; skim it off: Then, the coffins being first dried in an oven, fill them.

Cheese-cakes.

TAKE the curd of a gallon of milk, three quarters of a pound of fresh butter, two grated biskets, two ounces of blanch'd almonds pound- ed, with a little sack and orange- flower-water; half a pound of cur- rans, and seven eggs, spice and su- gar; beat it up with a little cream, till it is very light; then fill your Cheese-cakes.

Orange Cheese-cakes.

TAKE half a pound of Jordan-al-monds; beat them very fine, and put to them a little sack, or orange- flower-water, lest they turn to oil; the yolks of eight eggs, and three whites; three quarters of a pound of melted butter, and the rinds of two Seville-oranges grated and well beaten: Mix these all together, and sweeten it to your taste. The oven must be as quick as can be, without burning them: A very little time will bake them.

Plum-Cake.

TAKE six pounds of flour, six pounds of currans, a pound of fine sugar sifted, twenty eggs, leave

out the whites of half; a pint of new ale-yeast, a full quart of very thick cream, two pounds and a half of butter, two nutmegs grated, a quarter of an ounce of mace beaten fine, two large spoonfuls of rose- water, four large spoonfuls of bran- dy, and two large spoonfuls of orange-flower-water; melt the but- ter with the cream, not too hot; let the eggs be well beaten, and the yeast strained; a pound of almonds blanch'd with cold water, cut in small bits: Mingle the dry things together, make a hole in the middle, and put in the wet ingredients; mix them well, and beat the whole up quick with your hands; set it be- fore the fire to rise, while the oven is heating: When 'tis bak'd, ice it; if you like it, you may put into the Cake a pound of candy'd orange- peel and citron together.

To make a Plum-Cake.

TAKE three pounds of flour, and a little ale-yeast, a pint of milk, a pound of sugar, a pound of but- ter, and a little spice; make it into dough, before you put in the plums; work in as many plums as you please.

Another Plum-Cake.

TAKE five pounds of fine flour, and put to it half a pound of sugar; nutmegs, cloves, and mace beat fine, half an ounce, and a little salt; mix them all well together, then take a quart of cream, boil it, then cut into it two pounds of fresh butter; let it stand till it is melted, and, while it is blood-warm, mix in it a pint of ale-yeast, a pint of canary, and 20 eggs, but only 10 whites, well beaten; put six pounds of currans to the flour, make a hole in the middle, and pour in the mix- ture: make up the Cake, by mixing it well with your hands; cover it warm, and set it before the fire for half

half an hour, and put it in the hoop, and bake it in a quick oven two hours: When it is cold, ice it, and paper it up.

Another.

TAKE six pounds of currans, five pounds of flour, cloves and mace, a little cinamon, nutmegs, half a pound of pounded and blanch'd almonds, the like weight of sugar, three quarters of a pound of slic'd citron, lemon and orange-peel, half a pint of canary, a little honey-water, and a pint of ale-yest, a quart of cream, a pound and half of butter melted, and pour'd into the middle of it; strew a little flour upon it, put it before the fire to rise, having first work'd it well; then put it into a hoop, with a paper floured at the bottom.

A Seed-Cake.

TAKE two pounds of flour, two pounds of fresh butter, rubb'd well in ten eggs (leaving out five whites); three spoonfuls of cream, four spoonfuls of ale-yest; mix all well together, and put it to the fire; and when it is risen, put in a pound of caraway-comfits, and bake it an hour and a quarter.

Another.

TAKE three pounds of flour, two pounds of fresh butter, work in the butter very well into two pounds of the flour; take fourteen eggs, six spoonfuls of rose-water, half a pint of sack, and 18 spoonfuls of ale-yest; mix all the liquors, and strain them into the remaining pound of flour: It must be well beat together, and set before the fire to rise: When it is risen, put in that which is mixt with the butter, and four ounces of sugar, and a little salt; work it well with your hands, then put two pounds of caraway-comfits; put it into a hoop,

and bake it a small time: You may try with a knife when it is enough.

Almond-Cake.

TAKE a pound of Almonds, blanch and beat them exceeding fine, with a little rose or orange-flower-water; then beat three eggs, but only two whites, and put to them a pound of sugar sifted; put in your Almonds, and beat all together very well; butter sheets of white paper, and lay the Cakes in several forms as you please, and bake them in a cool oven.

Banbury Cakes.

TAKE half a peck of fine flour, three pounds of currans, a pound and half of butter, a quarter of a pound of sugar, a quarter of an ounce of cloves and mace, and three quarters of a pint of ale-yest, a little rose water; boil as much milk as will serve to knead it; and when it is almost cold, put in as much canary as will thicken it; then work it all together at the fire, pulling it to pieces two or three times before you make it up.

Ginger-bread.

TAKE four pounds of treacle; citron, lemon and orange-peel, and candy'd ginger, of each half a pound; slice them all thin, put in beaten ginger, coriander-seeds, and caraway-seeds, of each two ounces; mix them all with as much flour as will make a soft paste; lay it in cakes upon tin plates, and bake it in a quick oven.

Another way.

TAKE three pounds of flour well dry'd, a pound and half of honey, and a pound of dry six-penny sugar, an ounce and a quarter of ginger, finely beaten and sifted; mix the ginger with the flour, and melt the honey with the sugar; knead it up, and make it into what shape you please;

please; bake it on tin sheets; half an hour will bake it. If you love it hot of the ginger, you may add another quarter of an ounce.

To make Wigs.

TAKE two pounds of flour, a quarter of a pound of butter, as much sugar, a nutmeg grated, a few cloves and mace, a quarter of an ounce of caraway-seeds, cream and yeast as much as will make it up into a light paste; make it up, and set them by the fire to rise till the oven is ready; they will be baked in a quarter of an hour.

To ice a Cake.

TAKE a pound of the finest double-refin'd sugar, beat it and sift it fine, and put to it the whites of five eggs, whipp'd up to a froth; put in a spoonful of rose-water, whip them all together, while the Cake stands in the oven; and when it is drawn, ice it, but you must set it in again.

To make a Cake.

TAKE five pounds of the finest flour dry'd, six pounds of currans wash'd, pick'd, and dry'd; let the currans be small; a pound of raisins ston'd, and chopt very small and dry; half a pound of citron, twenty or thirty yolks of eggs, three dozen of cloves, three nutmegs, half a dozen blades of mace, a pennyworth of cinamon, a pound of sweet almonds. Beat all the spices well dry'd to powder; one grain of ambergris, one grain of musk, half a pound of double-refin'd sugar, beaten to powder very fine, two pounds and a half of butter without salt, a pint and a half of cream, half a pint of rose-water, half a pint of sack, a pint of good new bawm.

The manner of making it up.

Take your flour, when 'tis dry'd; put it into a tub, or any clean vessel, with your spices and sugar; then

take your cream and butter; warm them till the butter is melted, after which beat the yolks of your eggs: mix them with your sack, bawm, and rose-water; and pass it thro' a sieve into your cream and butter, which you must stir very well before and after. Let all be but blood-warm; then put it all into your flour; afterwards cover your liquor thinly over with flour; then whilst your oven is heating, (which must be as hot as to bake white bread) set it by a good fire, and cover it with a cloth, that no air may get into it: when it is well risen, mingle it all together; afterwards put your almonds, and two-third parts of your musk, into it: mingle all together very well, but be not too long, for fear it make it heavy; then butter your rim within, and throw a little flour over it, that it may not stick; and upon the paper you set it on, do the same; in the middle of your Cake put your citron cut in thin pieces; then put it into the oven, in which it may stand two hours. You may try your oven with some flour; if the flour change its colour but little, it is well; but if much, it is too hot. You may cool it with a bason of water; for if you stand till it is colder, your Cake will be spoil'd.

To make the Icing for it.

All the while your Cake is in the oven, you must pound in a stone mortar a pound and half of doubly-refin'd sugar, which hath been searced with the rest of your musk, and two whites of eggs beaten with some rose-water; and only take the froth as it rises; put it in by little and little, till you see it is wet enough to ice your Cake upon and about: when it is out of the oven, lay but half of it in smooth Ice, and the rest in what figure you please.

Hull Cakes the best.

TAKE thirty apricocks pretty ripe; hair and cut them in slices, but not in water; when they are cut, put to them a spoonful and half of the choicest of the clear liquor cakes which is left; then boil them carefully for fear of burning, till they be tender, and the liquor dry'd up, and they come from the skellet; afterwards take a pound of sugar to a pint of pulp; the sugar must have been sifted and dry'd in a dish well over the fire; then put out the pulp, and when 'tis warm, stir in the sugar, till 'tis all dissolv'd, and the scum that rises next, take off, and let it stand till the scum rises all: lastly, take it off, and glaze it.

To make little Cakes.

TAKE two pounds of fine flour, one pound and half of butter, the yolks of five or six eggs, one pound and half of sugar, six spoonfuls of rose-water, nine spoonfuls of sack, three spoonfuls of caraway-seeds, two nutmegs, one pound of currans; beat your batter with your hand, till it is very thin; dry your flour well; then put in your sugar, caraway-seeds, and nutmegs being finely grated; afterwards put them all into your batter with your eggs, sack, and rose-water: mingle them well together; then put in your currans; let your oven be pretty hot, and they will be bak'd in less than a quarter of an hour, or as soon as they are colour'd a little.

To make Liquorice Cakes.

TAKE hyssop-water and red rose-water, of each half a pint; half a pound of green liquorice, the outside scrap'd off, and beaten to pieces with a pestle: put to it half a spoonful of aniseeds, and then steep it all night in the waters; boil it with a gentle fire, till the taste be well out of the liquorice; afterwards strain

it, and put to it three spoonfuls of liquorice-powder; set it on a gentle fire, and keep it stirring, till it be come to the thickness of cream; then take it off, and put to it half a pound of white sugar-candy searced very fine; beat this together as you do biscuit; it must be beat at least three hours, and never suffer'd to stand still; as you beat it, you must strew in doubly-refin'd sugar finely searced; this quantity will take at least three pounds of sugar; half an hour before 'tis finish'd, put in half a spoonful of gum-dragon steep'd in orange-flower water; the gum must not be too thick; when it looks very white, 'tis beaten enough; then roll it up with fine sugar; if you will have it perfum'd, you must put a pastil or two in it.

To make light Sugar Cakes.

TAKE one pound of searced sugar, and almost a pound of butter; work them together a quarter of an hour with your hands; then beat it half an hour with a slice; afterwards take six eggs, leaving out two of the whites; four spoonfuls of rose-water: beat all these together three quarters of an hour; then put in one pound of fine flour well dry'd, and work them all together; after which, your oven being ready, butter your tin pans; then bake them less than half an hour; when they are put in, if you please, candy them over with a little rose-water, and sugar, warmed together.

To make red Cakes.

TAKE a pound of fine flour well dry'd, a pound of sweet butter well wash'd in rose-water, a pound of doubly-refin'd sugar well searced; mix your sugar and butter together, beating well with your hands, six eggs; take the treads out of them, beat them well, and put them into your sugar and butter; then take

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and shake your flour with a dredging-box, put in a few coriander-seeds, and beat all together with a spoon and your hands; afterwards take some wafer-paper and white paper under it, make them into the bigness of a walnut, and put them thin on the papers; bake them in a pretty hot oven, but first roll them with a little refin'd sugar, that you may leave of the pound.

Clear cakes the best.

TAKE about twenty-five or thirty apricots; hair them; slice them into water as little as will save them from turning red; when they are all haired, put them into a bell-metal skellet, with somewhat more than a quarter of a pint of water; put them on the fire, boil them fast with stirring; when they are turning tender, put in four spoonfuls of codling juice, and boil them till you see them grow thickish; then put them into a clean strainer, and hold both ends up, rolling it till all the clear is out; afterwards to a pint of this liquor a pound of sugar, which hath been beaten and sifted thro' a fine sieve; then put the liquor and the sugar together, and stir it till all the sugar is melted, and the scum doth arise; after which take it off, and let it stand till the scum doth come off all together; then take it all off, glaze it, and put it in the stove; let not the fruit be too ripe.

To make Almond Butter.

TAKE three pints of cream, and set it on the fire; the yolks of eight eggs; a quarter of a pound of almonds blanch'd and pounded very well: strain these, and put them into the boiling cream, and sweeten it to your taste: put in a little orange-flower water; and when it is well boil'd, put it into a sieve; when the whey is run from it, beat it up together, and lay it high.

To make Almond Puffs.

TAKE half a pound of almonds blanch'd and pounded very well in a mortar; five whites of eggs; the rinds of two lemons grated and dry'd: make them up with fine scarced sugar into stiff paste; form them into what fashion you please, and then ice them, and so bake them.

To make Apricot-chips.

TAKE half a pound of Apricots, cut in slices, but not too thin; then take half a pound of doubly-refin'd sugar; put them to a very little water, set them on the fire, and let them boil very fast, till they are clear; then let them stand in, till they are half cold; afterwards take them gently out of that syrup, and put them into a clean bason, or dish that is not too big; then strew half a quarter of fine scarced sugar upon them in every place, and so let them stand until the sugar be dissolved, not setting them on the fire again; afterwards take them out with a bodkin, for fear of breaking; and lay them upon glass plates; set them into the stove; and as they dry, turn them on the other side.

To make Cakes of Apricots.

TAKE the ripest apples or codlings, or any other sort which may be had, about six apples to three dozen of the ripest Apricots: pare your apples, and slice them into some boiling water: do the same with the ripest Apricots; boil it as fast as possible till they are tender; then let it stand a little before you strain it; it will taste the sharper of the fruit, and grow more thick: afterwards take the weight of the jelly of the finest sugar, which must be pounded small: stir that and the jelly together, over a pretty quick fire, till it rise with a scum; but by no means boil: then put in your glasses some

little bits of Apricots very well dry'd; for if they be the least wet, it will hinder the Cakes drying; afterwards put the jelly on them, and place them in a stove to dry; but the sun is better for this purpose.

To make Wafers.

TAKE a pound of sifted sugar, and a pound of fine flour; beat up six yolks of eggs, a very little salt, and some fair water, all together, till 'tis as thick as pancake-batter, to be used.

Another Way.

TAKE six eggs, but three whites; one pound of fine flour; one pound of doubly-refin'd sugar: mix them very well together; then put to them a quart of cream not too thick; a little orange-flower-water to give it a taste, and the peel of a lemon: mix them well together, and let it stand an hour or two, before you bake them.

To make Mackaroons.

BEAT two pounds of almonds very fine with rose-water; then take two pounds of searced sugar: beat them very well together with the whites of eight eggs; afterwards dress them upon wafers, and bake them in a hot oven.

To fry Puffs.

TAKE two quarts of milk, and a quart of cream; make curds thereof; strain the whey very well from them; break them well; then put in the yolks of seven eggs, and the whites of two; put in some sugar, a little rose-water, a spoonful of sack, a little nutmeg grated; work it pretty stiff with grated bread; afterwards take two square trenchards, flour them, and spread it pretty thick on the trenchard; then have a pan half full of beef-lard, and let it boil; cut them the bigness of a Naples-biscuit; put them in as you cut them; fry them

very well; serve them to table with a little thick butter, and sack and sugar; send them in hot; otherwise they will fall.

To make Fritters.

TAKE the yolks of seven eggs, and the whites of four, and beat them very well; half a pint of sack; a quarter of a pint of ale; half a pint of sweet cream; two or three spoonfuls of ale-yeast; a little beaten ginger; some mace; one nutmeg grated, and some sugar; then put in as much flour as will make the batter as thick as for wafers, and let them stand an hour: afterwards take some good pippins, pare them, and take out the cores; cut the apples thin all over, that they may lie in rings in the batter: when it is ready to be fry'd, season it with as much salt as will lie upon a knife's point; then take the sliced apples, dip them in the cold batter; and take beef-suet try'd, put it into a frying-pan; and when the liquor is boiling-hot, put in the apples dipt in the batter, one by one, to the liquor, that they may not stick together; fry them crisp.

To make Raspus Cakes.

TAKE a pound of the palest red Raspus, with a few white in them, and strain a few seeds out of them; then put to them a pound of sugar, and stir them together, till the sugar is melted, but be sure they do not boil; afterwards put them into glasses to dry.

To make Orange Cakes.

TO six ounces of orange-flowers, put twelve of fine sugar; boil the flowers in two waters; weigh them after they are boil'd; then beat them to a pulse, and squeeze in half a lemon; boil the sugar to something more than a candy-height; and when 'tis cool, put it in the flowers; but do not let them boil,

boil, only stir them as a clear Cake till they be thick; then drop or glass them.

For the same.

PARE your oranges very thin, or rasp them with a grater; then cut them in two in the middle; take out the seeds, and put the meat and juice into a clean vessel; afterwards take the rinds, and put them into a cabbage-net; boil them in two or three waters, till they be tender; when they are enough, squeeze the water from them; then weigh them and pound them in a stone mortar, till they are pretty fine from lumps; afterwards take to a pound of the peel a pound and an half of doubly-refin'd sugar, finely searced, and put them all together with the meat and juice; mix it well; if you please you may put in the juice of a lemon

or two; set it over the fire, and keep it stirring all the while, till it be very hot, but not boil; when 'tis cold, put it into your glasses, and set it in your stove.

To make Savoy Biscuits.

TAKE eight eggs, part the yolks from the whites, beat your whites till they be very high; then put your yolks in with a pound of sugar; beat that for a quarter of an hour, and when your oven is ready, put in one pound of fine flour, and just stir it, till 'tis well mixt; lay your Biscuits upon the paper, and ice them, which will be infallibly effectual: only take care your oven be hot enough to bake them speedily.

For CREAMS, JELLIES, &c. see
CONFECTIONARY.

The ART of PICKLING, *As well Fish, Pork, &c. as Flowers, Berries,* *Fruits, Roots, &c.*

To make good Vinegar, for Pickling, &c.

TAKE the middling sort of beer indifferently well hopp'd, let it work as long as possible; then fine it down with isinglass, draw it off from the settlings, and to every 10 gallons put 10 pounds weight of the pressings or husks of grapes; mash them together, and let them stand in the sun, if in a hot season, otherwise in a close room heated by fire; and in 30 or 40 days it will prove, being drawn off by inclination, an excellent Vinegar: For want of grape-husks, you may use the pressings of crabs, or sour apples; but they will not bring it to so good

a body or taste. Foul white or rhenish-wines, set in a warm place, will grow tart, and fine themselves to a very good Vinegar; clarets, or red-port, will do the same, but not alter their colour: cyder will make a tolerable good Vinegar, and so will unripe grapes, or plums, &c.

To make Alder-Vinegar.

TAKE white-wine, or good rape-vinegar, and fill a cask three quarters full with it; then gather Alder-flowers moderately blown, in a dry day; pick off the little sprigs and flowers from the greater stalks; air them well in the sun, that they may grow dry, but not so as to crumble;

ble; then put a pound of them to every four gallons of Vinegar, sewing them up in a fine rag, and stopping the cask close; let it stand in a warm place four or five days, and at 10 or 12 days end the Vinegar will have the perfect taste of the Alder-flowers, and prove not only grateful in taste, but very wholesome.

To pickle Melons.

TAKE your Melons, and scoop them clean from the pulp; then fill them with horse-radish scrap'd, sliced garlick, ginger, nutmeg, whole pepper, mace, and mustard seed, and tie them up; then take the best white-wine-vinegar, a handful of salt, a nutmeg quarter'd, whole pepper, cloves, and mace, or a race or two of ginger; boil the vinegar and spice together, and pour it boiling hot to the melons, and stop them down close two days; and when you would have them green, set them over the fire in a bell-metal pot, in their pickle, till they are scalding hot and green; afterward pour them into pots, and stop them close down; and when they are cold, cover them with a wet bladder, and a piece of leather.

To pickle Cucumbers.

LET them lie two or three days in brine, so strong as to bear an egg; afterwards drain them well from the brine, and pour upon them the same pickle as is used with the melons, and prepare them in the same manner.

Another Way.

WHEN you have poured your pickle on the Cucumbers scalding hot, let it stand till the next day; then pour it off, and boil it again; pour it on your Cucumbers three times in this manner; you must put a little Dill amongst them.

To pickle French-beans.

LET them lie two days in very strong brine, and then drain them, and pickle them in the same manner as above directed for the melons.

To pickle Walnuts.

PUT them into water and salt for nine or ten days; change the water every day; then take them out, and dry them with a coarse cloth, and pickle them as you do melons.

To pickle Mushrooms.

TAKE the small hard Mushrooms called buttons; cut off all the dirt from the stalks, wash them with water, and rub them clean with a flannel; then boil water and salt; when it boils, put in the Mushrooms, and let them just boil; then strain them through a cloth, after which make a pickle of white-wine-vinegar, mace, and ginger; put them in, and stop them close up in pots or glasses, with a little oil on them.

To pickle Onions.

TAKE small white Onions, boil them in water and salt, strain them, let them cool in a cloth; make the pickle prescribed for Mushrooms; and when it is cold, put them in, and cover them down: if your Onions should mother, boil them over-again, and scum off the dross well; then let them cool, and order them as before. You may also pickle Cauliflowers in the same manner.

To pickle Beet-roots, and Turneps.

BOIL the Beets in salt and water, vinegar, and a little cochineal; when they are about half boiled, put in the Turneps pared; when they are boiled enough, take them off, and keep them in the same liquor wherein they were boiled.

To

To pickle red Cabbage.

CUT the Cabbage into thin slices, which must be put into a pickle of vinegar and spice cold.

To pickle Barberries.

TAKE water, and colour it with the bad Barberries, and put in some salt; then boil it about half an hour; scum it; when it is cold, strain it on the Barberries; press them close into the liquor, and cover them with leather.

To pickle Flowers to be used in Sallads, as Clove-gilly-flowers, &c.

TAKE an equal weight of Flowers and sugar, put them in a gallipot, and fill it with vinegar; give to every pint of vinegar a pound of sugar.

To pickle Alder, or any other Buds of Trees.

BOIL them a little in vinegar and salt, with whole pepper, long mace, a little lemon-peel cut in pieces; afterwards drain them, and let the buds and liquor cool separately; then put them together into a pot, and cover it close up.

To pickle Oranges and Lemons.

BOIL them in vinegar and sugar, and put them into the same pickle; cut them into slices. It is best to boil them in water, before you boil them in vinegar.

Another way to pickle Oranges and Lemons.

TAKE those which are free from spots, and lay them gently in a barrel; then take fair water, and make it so strong with bay-salt, that it will bear an egg, and fill up the barrel with it, and stop it close up.

To pickle Artichokes.

PUT the Artichokes in water and salt about six hours; then put them into a pot of boiling water, and continue to boil them till you can draw the leaves from the bot-

tom; which cut smooth and clean, and put them into a pot with pepper, salt, cloves, mace, bay-leaves, and as much vinegar as will cover them; then melt some butter, and pour over them enough to cover them an inch thick: Stop the pot down close, and keep it for use; when you use them, put them into boiling water, together with a piece of butter to plump them, and use them for what you please.

Another way to pickle Artichokes.

CUT off the stalks within two inches of the head, making a strong liquor of them, by boiling them in water and salt; and when it is cold, put in the Artichokes, and keep them close from the air. When you use them, lay them in warm water, and then in cold, to take off the bitterness; it is best to slice the stalks before you boil them.

To make Mango of large Cucumbers.

SCRAPe out the seeds and cores, and fill them with whole pepper, and other spice, and a clove of garlick; then tie them close, and put them into salt and water 20 hours; after which wipe them dry; boil as much vinegar with spice as will cover them, and pour it on scalding hot.

To pickle Samphire.

PICK it, and lay it in a strong brine of water and salt cold; let it lie 24 hours, then make it boil once on a quick fire, and instantly pour it on the Samphire. After it has stood 24 hours, make it just boil again on a quick fire, and let it stand till cold, when it must be unstopt, and taken up to drain. When this is done, lay it in a pot, and let the pickle settle, and cover it with the clear of it. Let it be put in a cool dry place; and if the pickle mothers, boil it once a month, and when cold, put the Samphire to it.

To pickle Pigeons.

BOIL the Pigeons with whole spice, in about three pints of water, a pint of white-wine, and a pint of vinegar; then take them out, and let the Pigeons and liquor cool separately; then put the Pigeons in again, and keep them for use.

An excellent way to pickle Pork.

TAKE out the bones, cut it into steaks, and rub them with salt-petre; then take two parts of common salt, and one part of bay-salt, and rub every piece well with it; after which cover it with salt, and take a strong large powder-tub, the narrower and deeper the better; and strew salt at the bottom of it, and lay the pieces as close as you can, strewing salt at the sides of the tub; and as it dissolves, throw in more, and it will keep good a long time.

To pickle Oysters.

TAKE what quantity you will of pretty large Oysters, with the liquor; wash them clean from the grit, and put to every three pints of fair water, half a pint of white-wine-vinegar, half an ounce of grossly bruised pepper, an handful of salt, and a quarter of an ounce of mace; boil these over a gentle fire till a fourth part be consumed, taking off the scum; just scald the Oysters, put their own liquor into the pickle, and then put them up into little barrels or pots, and stop them very close; and they will keep, in cool places, the year round.

Another way to pickle Oysters.

TAKE large Oysters, and parboil them in their own liquor; then make a pickle of the liquor, a pint of white-wine, and vinegar, mace, pepper and salt; boil and scum it, and when it is cold, put in the Oysters, and keep them.

To pickle Salmon, and other Fish.

WHEN you have cut your Fish into fit pieces, cleanse it from the blood, by wiping and pressing it in a dry cloth; then lay it in a kettle of water that is boiling, or a tin fish-plate, so that it may be taken up without breaking; and being boil'd pretty well, make a pickle thus: Take three quarts of rape-vinegar, and two quarts of water; boil it up with a little fennel and salt, till it will taste strong; scum it, and cool it; then lay the Fish in a convenient vessel, and pour the pickle to it pretty warm. The same directions you may observe with regard to Sturgeon, bating the fennel, and putting in a little more salt; also any other boil'd Fish, proper to pickle, souse, &c. for keeping.

To pickle and collar a Calf's Head.

TAKE out the bones, and cleanse it well, wash it with eggs, and season it with pepper, salt, and nutmeg, thyme, and parsley; put on it some forced-meat, and roll it up; boil it tender, and take it out, and lay in Sturgeon-pickle, and let it lie about four days, when you may cut it in slices as you do Sturgeon.

To pickle Smelts.

LAY them in rows in a pot, and lay upon them sliced lemon, ginger, nutmeg, mace, pepper, and bay-leaves powder'd, and salt; make your pickle of red-wine-vinegar, bruised cochineal, and salt-petre; and when it is cold, pour it on your Smelts, and cover the pot close.

To pickle Neats-Tongues.

LET the Tongues lie about a fortnight in common salt, and salt-petre; then boil them till they are tender, and blanch them; cut off the roots; afterwards put them into a pot, and pour over them a pickle

pickle made of white-wine-vinegar boil'd with pepper, cloves and mace, and a little ginger; then take it off the fire, and put in a bit of lemon-peel, and three or four bay-leaves; and when it is cold, put it to the Tongues, and stop it up.

To make Ketchup.

TAKE a pint of the best white-wine-vinegar, put it into a wide-mouth'd quart bottle; then take 12 or 14 cloves of shallot, peel'd and bruise'd; put them into the vinegar; afterwards take a quarter of a pint, or more, of the strongest red or white-port; let it boil a little; then take 12 or 14 anchovies, wash and bone them, and dissolve them in the wine; when cold, put them into the vinegar-bottle; take it and stop it close with a good cork, and shake it: Take the same quantity of wine, or more, put into it a spoonful of white pepper, just crack'd or bruise'd; five, six, or seven races of ginger slit; half a spoonful of cloves bruise'd, five or six blades of large mace; boil them over the fire till they have receiv'd the strength of the spice; when almost cold, slice into it a couple of large nutmegs; when quite cold, put nine or ten bits of lemon-peel into it; put that also into the bottle; then take a piece of a large sound horse-radish-root, scrape it thin, and put it into the bottle; stop it close, and shake it well together; shake it once a day for 10 days; after which time you may use it, two or three spoonfuls to a pound of butter, for fish-sauce. The same quantity use to a joint of roast mutton.

Another way.

TAKE a quart of red-wine, some mushroom-flaps, half a pound of anchovies, 2 onions slic'd, some thyme and parsley, cloves and mace;

stew this gently on the fire, strain it off; a spoonful of this, with a little gravy, butter, and lemon, will make good fish-sauce, and is always ready.

To pickle Mushrooms.

IN August or September gather your Mushrooms, and with a knife peel off the uppermost skin; the great ones cut in quarters, and fling them into fair water as you do them; be sure you put in no worm-eaten ones: the button you may put in whole; the white are the best, and will look better colour'd than the red; then take them out of that water, and wash them in another clean water; afterwards take them out, put them into a dry skellet without any water, set them on the fire to boil, put in some salt, and let them boil in their own liquor till half the water is consumed, and they are as tender as you would have them; as the scum rises, take it off; then remove them from off the fire, and pour them into a colander, that the water may all drain from them; after which, have a pickle ready boil'd, and cold again, made of the best white-wine-vinegar you can get; put in a few cloves, mace, ginger, and whole pepper, when you boil it: when your mushrooms are cold, put them into the pickle; tie them up close, and keep them for use.

To make Mushroom-Ketchup.

PICK and clean the mushrooms well, but do not wash them; put them in an earthen pipkin; throw a little salt over them, and cover the pot close with coarse paste: they must be in the oven six or seven hours; then press them a little, and pour off the liquor, which must be put over fresh mushrooms, and bak'd as long as the first; afterwards pour off that liquor without pressing them, and boil it very well with

with salt sufficient for keeping: it must be boil'd above half away, and till it feels clammy when you put your fingers to it: when 'tis cold, bottle it up, and keep it in a moderate place, as to cold or heat. Thus it will continue good for years.

To pickle Cauliflowers.

TAKE the whitest and closest Cauliflowers; cut them the length of your finger from the stalks; then boil them in a cloth with half milk and water; do not boil them tender; afterwards take them out

carefully, and set them by to be cold; then take the best white-wine-vinegar, cloves, mace, and nutmeg cut into quarters, a little whole pepper, and a bay-leaf; let these boil well in the vinegar, and set them to be cold; after which put in your Cauliflowers, and in 3 days they will be fit to eat.

See for other useful matters, on this head, the *Frugal House-keeper's Directory*, at the end of this Treatise.

The Complete CONFECTIONER:

Shewing the whole Art of Preserving, Candying, and Drying of Fruit of all sorts; also how to make all sorts of Creams, Jellies, Syrups, Marmalades, Conserves, &c. as well for Health as Pleasure.

IN this undertaking Sugar is the general thing you must work withal: Consider it then in its goodness, and whether you have it ready refin'd, or are to do it yourself; chuse that which is the best, and most weighty, quantity for quantity with others; and try it in liquors, or any other thing, weight for weight, which sweetens most; by which means you will not be deceived in the quantities.

To know when the Sugar is arriv'd to the just degrees of boiling, necessary for the several uses in Confectionary.

The degrees of boiling are five, viz. *smooth, pearled, blown, feathered, and cracked.*

THE *smooth boiling.*] When you dip the tip of your finger in the Sugar, and afterwards touch it with the thumb, which being drawn away, a small thread or string sticks to the finger, and the thread breaking, a drop remains upon it, and the string becomes almost imper-

ceptible, the Sugar is a little smooth boiled; and when it stretches itself farther before it breaks, it is boiled very smooth.

The pearled boiling.] When it is boiled a little longer, try it again; and if, when the fingers are separated, the string sticks to both without breaking, the Sugar is come to its pearled quality.

The blown boiling.] Let it still continue boiling a little longer, and shake the skimmer with your hand, and beat the side of the pan; blow through the holes from one side to the other, that the small bubbles may fly out; then it is come to the degree called blown.

The feathered boiling.] Let it still seeth a little more, and blow again through the skimmer, or shake it, and thicker and larger bubbles will arise up high, and your Sugar is become feathered.

The cracked boiling.] Dip your finger in water, and put it into the boiling Sugar; take it out quick, put it again into the water, and rub the fingers together, scraping off the Sugar, and if it break with a cracking noise, it is come to the degree called cracked.

PRESERVING.

To clarify Sugar for preserving, &c.
TAKE a convenient pan, according to the quantity of Sugar to be clarified; break an egg or two into water with the shells, stir them with a whisk, pour them on the sugar; then set it on the fire, and stir it continually; scum it carefully as it boils; put a little cold water to it as it rises, to prevent the Sugar boiling over, and to raise the scum; add the froth of the white of an egg: when the liquor has been thoroughly scumm'd, there will be only a small whitish froth, and the Sugar will appear clear upon the spatula: Take it off the fire, and strain it through a bag, by which means it will be clarified.

To preserve Apricots in Jelly.
TAKE out the stones of 24 large Apricots; pare them, and cover them with a pound and half of fine

sugar powder'd; let them stand thus six or seven hours, then set them on a slow fire; boil them till they are tender and clear; if any are clear before the rest, take them out, and put them in again till they are all become so; let them stand with paper close to them till morning, and then take a very strong codlin-jelly; boil a quart of jelly, and two pounds of sugar; make the Apricots scalding hot, pour the jelly upon them, boil them gently together, and when the Apricots rise in the jelly, put them into pots and glasses, and stop them down with papers.

Another way.

TAKE a pound of Apricots, after being stoned and pared, and one pound and quarter of doubly-refined sugar powder'd, and lay it amongst the Apricots; and when the sugar is dissolv'd, set them upon the fire, and boil them; strew them with sugar whilst they are boiling, and as the scum rises, take it off very clean, and turn them with a ladle as you see occasion; when they are tender, add to the syrup one quarter of a pint of pippin liquor, and the same weight of sugar; let it boil a little, and put it to the Apricots; in order to have the liquor clear, strain it through a jelly-bag.

To preserve green Apricots.

TAKE Apricots before the stones are hard, wet them, and lay them on a coarse cloth; put to them three or four handfuls of salt, rub them till they are smooth, then throw them into scalding water; put them on the fire till they are ready to boil; take them off again, let them stand till they are almost cold; repeat this two or three times, then cover them close; when they look green, boil them till they are tender; after which take their weight

weight of sugar, and to every pound of sugar put half a pint of water, and make a syrup, and let it stand till it is near cold; then put in the Apricots, and boil them till they are clear; warm your syrup every day till it is pretty thick.

To preserve Barberries.

TAKE a pound of Barberries pick'd from the stalks; put them into two quart pots, and set them in a brass pot full of hot water, to stew them; after which strain them, and add a pound of sugar, and a pint of rose-water; boil them together a little; then take half a pound of the best clusters of Barberries you can get, and dip them into the syrup while it is boiling; take out the Barberries, and let the syrup boil till it is thick; and when they are cold, put them in glasses or gally-pots with the syrup.

To preserve Cherries.

PICK the Cherries, and take out the stones; put to every pound of Cherries, a quarter of a pint of the juice of white currans, (first passed through a jelly-bag) and the weight of both liquor and Cherries of double-refin'd sugar; sift the sugar, and sprinkle it as you put them into the preserving-pan, which you must boil and scum, till the Cherries look clear; then put them into glasses.

To preserve green Cucumbers.

TAKE Gerkins, rub them clean; then scald them in hot water, and take the weight of them in double-refin'd sugar; boil it to a thick syrup, with a quarter of a pint of spring-water to every pound of sugar; then put in the Cucumbers, and set them on the fire to boil gently; repeat it two or three days, and boil them till they are tender and clear; afterwards put them in glasses.

To preserve Currans.

PUT a layer of Currans, and a layer of sugar, in a flat-bottom'd pan; boil them till the syrup is pretty thick, scum them as they boil; then take them off, and let them be cold before you put them into your glasses, which must then be close stop'd.

To preserve Fruit green.

TAKE Pippins, Apricots, Pear-plums, or Peaches, while they are green, scald them in hot water, and peel them; then put them into another water, not so hot as the first; let them boil till they are very tender, take the weight of them in sugar, and put to them as much water as will make a syrup to cover them; then boil them gently; let the syrup boil until it be thick, and when they are cold, put them together.

To preserve Golden-pippins.

TO every pound of Pippins put a pound of doubly-refined sugar, and a pint of clear spring-water; set it on the fire, having first pared the pippins; take the eyes and stalks out, put them into the sugar and water, cover them close, and boil them briskly half a quarter of an hour; then let them cool, and boil them again as long as before; repeat this two or three times, till they are very clear, when you may cover them close.

To preserve Quinces white.

PARE and core the Quinces; to every pound of sugar and Quinces put in a pint of water; boil them together as fast as you can uncover'd. The same way you may preserve Pippins white.

To preserve Quinces white or red.

CORE and pare the Quinces, those which you would have white, put into a pail of water for two or three hours; then take as much
sugar

sugar as they weigh, to which add as much water as will make a syrup to cover them; boil the syrup a little; then put in the Quinces, and let them boil as fast as you can, till they are tender and clear; afterwards take them out, and boil the syrup a little higher alone; and when it is cold put the Quinces up in pots. If you would have them red, put them raw into sugar, and let them boil gently, being close cover'd, till they are red; you must not put them into cold water.

To preserve Raspberries.

TAKE the juice of red and white Raspberries (if you have no white Raspberries, use half codling-jelly); put a pint and half of juice to two pounds of sugar; boil and scum it; then put in three quarters of a pound of large Raspberries; boil them very fast till they are a jelly, and clear; but do not take them off the fire for a quarter of an hour after they have begun to boil fast; after which put them into pots or glasses, the Raspberries first; then strain the jelly from the seeds, and put it to the Raspberries; when they begin to cool, stir them, that they may not all lie upon the top of the glasses; when they are cold, lay papers to them; first wet the paper, and dry it in a cloth.

To dry Apricots.

TAKE four dozen and a half of the largest Apricots, pare and stone them, cover them all with four pounds of sugar finely powder'd; put some sugar on them as they are pared, and the remainder after: let them lie four or five hours till the sugar is almost dissolv'd; then set them on a slow fire, till it is quite melted; boil them gently, and as they grow tender, take them out, and put them on an earthen plate till they are all enough; after

which put those in that you took out first, and let them boil a little together; put a paper close to them, and let them stand a day or two; then make them very hot, but not to the degree of boiling; and put the paper as before, and let them stand two days; then put them on earthen plates in a stove, with as little syrup as possible; turn them daily till they are dry; scrape off the syrup as you turn them; put paper close to them, and lay them up before they are too dry.

To dry Barberries.

STONE the Barberries, and tie them in bunches, weigh them; to every pound of berries clarify two pounds of sugar; make the syrup with half a pint of water to a pound of sugar; put your Barberries into the syrup, when it is scalding hot; then let them boil a little, and set them by with a paper close to them, the next day make them scalding hot; repeat this two days, but don't boil it after the first time; and when they are cold, lay them on earthen plates; strew sugar well over them; the next day turn them on a sieve, and sift them again with sugar; turn them daily till they are dry. Take care your stove is not too hot.

To dry Cherries.

STONE your Cherries; to every ten pounds of Cherries put three pounds of sugar finely powder'd; shake them well together, and put them on the fire, till the sugar is well melted; then boil them a little, and let them stand in an earthen pan till the next day, at which time make them scalding hot, and when they are cold, lay them on sieves; then put them into a gentle oven, and let them stand there all night; afterwards turn them, and put them in again; and when they are dry, keep

keep them very close in a box, with no paper between them. Your oven should be no hotter than it is when you draw out small bread or pyes.

To dry Plums.

WEigh the Plums, and to every pound of plums put a pound of doubly refined sugar; scald the Plums, and take out the stones, and peel away the skins: lay the plums on a dry cloth; then wet the sugar a little, and put it on the fire; keep stirring it one way, till it boils to sugar again. Take some of this sugar, and put it at the bottom of the preserving-pan, and lay the plums upon it, and strew the rest of the sugar upon them; let it stand till it is melted; then make it scalding hot (but suffer it not to boil) twice a day; and when the syrup is very thick, lay them on glasses to dry, and keep them always warm, sitting a little sugar over them till they are almost dry; wet the stones in the syrup, and dry them with sugar, and put them into the plums; and when they are quite dry, put them in boxes with papers between.

To candy Cherries.

TAKE Cherries before they are ripe, stone them, and pour clarified sugar boil'd upon them.

To candy Apricots, Pears, Plums, &c.

CUT your fruit in half; then put sugar upon them, and bake them in a gentle oven close stopt; let them stand half an hour; lay them one by one on glass plates to dry.

To preserve Apricots.

TAKE about fifteen middling Apricots, (they must be just turned from green) slit them, and pare them thin; then to the fifteen put a pound of sugar; but you must take only three quarters of a pound at first, and just wet it with water; put it into a pewter dish; then boil and scum it; when it is cool, set

in your apricots, as you pare them; and the other quarter of a pound beat small, and strew a little on the tops to keep the colour; then set them on, and boil them, strewing the rest of the beaten sugar to clear them; and when clear, take them off, and stone them: the next day take the palest apricots, when they are just turn'd hairy; stone and scald them; afterwards take their weight in doubly-refin'd sugar, and with one half of it make syrup: when it is scummed, put in the apricots, and boil them till they be clear and tender, and as fast as you can; then lay them out to drain; afterwards with the other half of the sugar make a thin candy; lay them in it, and give them just a heat; turn them, and give them another heat; the next day lay them out on glasses to dry.

To preserve and candy Orange and Lemon-peels.

CUT your oranges and lemons in half, take the meat out of them, and lay the peels three days in fair water, changing the water once a day; then boil them in three several waters, till they are tender; afterwards take a pound and an half of good powder-sugar, clarify it, put a pound of your peels into it, and boil them till your sugar is at a full syrup; then cool them, and keep them for use: when you would candy them, take them out of the syrup, wash it clean from them in warm water, and dry them well with a clean cloth; after which make a new syrup for them of loaf-sugar, and boil the syrup to a manus-christi height; then put your peels into it, and boil them till your sugar is at a casting height; afterwards take them from the fire, and keep them stirring, till your syrup begins to cool; then take your peels out,

out, and when they are cold, they will be candy'd white and clear, for use.

To preserve Citrons.

TAKE the best Citrons you can get for colour, and thorough ripe; and where you find them specked, pick out with a penknife very finely, not taking any of the rind; where it is clear, and where you find them look russet or black, scrape it off very thinly; scour them very well with salt, and wash them clean; then quarter them, and take out the pulp, saving the juice; afterwards put the quarters into a skellet or kettle, cover them with water very well, (if you shift the water twice or thrice, 'tis the better) and boil them with a wood-fire as fast as you can, till they be very tender; after which take them up, and lay them on a cloth to drain; then weigh them, and to every pound of citron take a pound and a quarter of sugar doubly-refined, and to every pound of sugar a pint of water; dissolve the sugar in the water, and when 'tis as warm as milk from the cow, put in the citron, and let it stand a quarter of an hour on the fire, not exceeding that heat; afterwards take them from the fire, put them into an earthen pot, and set them by till the next day, cover'd; and so every day for fourteen days or more, as you shall find need: warm them, and when you find them perfectly preserved, put in the juice of two lemons to three or four pounds of it; then take up the citron, and give the syrup a scald or two; and when 'tis cold again, put them in pots together; let the pots stand open till it be quite cold; for if you let the citron boil hot, it will be tough and thick: therefore some, who cannot find the temper, will

only warm the syrup, and not the citron, till they be perfectly preserved. Be sure the citrons be boiled very clear in the waters.

To preserve Barberries.

TAKE a pound and an half of fine sugar, and three quarters of a pint of water, and make your syrup; then take half a pound of Barberries, the stones pick'd out; afterwards take a pound of Barberries stript from the stalks, and put them into a pot close stopp'd; set them in a pot of seething water, and let it seeth a quarter of an hour; then take out the pot, and strain the Barberries into a dish or porringer of silver, for changing the colour, and seeth it a quarter of an hour, when the syrup will boil until it will rope; afterwards put in your Barberries, your syrup seething on the fire, as fast as it can, a little while; then take it off the fire, and put the strain'd Barberries into it; afterwards stir them together, and skim them clear to put them up.

To preserve Currans.

TAKE the largest Dutch currans, when they are ripe, but not too ripe; then take a quill, cut it sharp, and pick off the black; afterwards pick the seeds very clean out; break the currans as little as you can; then cut them close off the stalks; with the quill put them into a clear glass, as you do them; afterwards weigh them, and to every pound of currans take three quarters of a pound of sugar, a pint of water, and half a pint of juice of currans; next take the sugar, water, and the juice of currans; give it one boil up together, and scum it clean; then put in your whole currans, and let them boil very quick, till they be clear: save out some of the sugar to strew on them while they boil; it will clear

clear them much: when you see it is a thin jelly, take it off, and put them into your glasses. You must strain some of the jelly through a tiffany into a porringer, which must

be heated next morning, and put on the currans. Do white currans the same way; but put no juice to them.

S Y R U P S.

Barley Cream, for the heat of the lungs, and to be taken in any hot illness.

TAKE a quarter of a pound of Barley; wash it well, and boil it in fair water, and when the water becomes red, shift it into hot water, and do this till the water change to red; put to it fenel-roots one ounce, parsley-roots scraped, and the pith taken out two ounces; boil it till it is thick like frumenty; take it off, put it into a bason, and let it stand all night; take a quarter of a pound of almonds, blanch them in cold water, and grind them in a mortar with five or six spoonfuls of boil'd barley with the liquor, till the almonds be very small, and strain it with the water following: Take violet-leaves, cinquefoil, strawberry-leaves, endive, of each half an ounce; boil these together in fair water, with a liquorice-stick clean scraped and bruised; when it is boil'd well, strain the almonds, and the barley will make a pint of cream; when it is strain'd, add to it three or four spoonfuls of red rose-water and sugar enough to make it sweet; drink thereof warm in the morning, afternoon, and at night going to-bed. You must drink it leisurely, and this will be sufficient for one day. The rest of the boil'd barley will serve twice or three times more.

A Caudle good for those that are troubled with a great drought.

TAKE a pint of white-wine, or Rhenish wine, and a pint of

water; mix them together, and strain them with as much oatmeal as will make it white; boil it the space of half an hour, and add a grated nutmeg, and as much sugar as will sweeten it. Let the patient take it at pleasure, and it will help him in a short time.

Syrup of Vinegar, good to cool in a fever, or any other sickness, and to break choler.

TAKE fenel-roots of a year's growth, parsley-roots, succory-roots, yellow dock-roots, of each two ounces; take out the piths of them all, and seeth them in a pottle or a gallon of water: add thereto violet-leaves, young mallows, and endive, of each one ounce; seeth them all, till three pints of the water are consum'd; strain it, and let it settle; then take the clearest of this water, and to every quart put a pint of the best white-wine Vinegar, and a pint and half of honey, and seeth and scum it, till it come to a syrup; put it into a glass, and use it at pleasure; and when you use it, take of the syrup and borage-water, or clean water boil'd, of each alike. If you like not honey, put instead thereof one pound of sugar for every pint of honey.

Syrup of Roses, to purge Choler.

PUT a gallon of fair water into a pipkin with a cover, into which thrust as many Damask rose-leaves as you well can: when it seeths, take it from the fire, cover the pot close, let it stand till

till next day; then strain it out hard, and set the water on the fire till it is boiling hot, and put in again as many Rose-leaves as will drink up the water; repeat it every day, until the water come to a pint and a half; put the water into a pipkin or gallipot, and set it over the fire, and boil it; put thereto a pound and half of sugar; scum it, and boil it to a thick syrup; when it is cold, put it up, and keep it for use. Give a child a spoonful, a grown person two or three spoonfuls.

Another.

TAKE syrup of Sugar two pounds; which being fresh made and yet warm, but removed from the fire, gradually mix therewith half an ounce of the tincture of *Tolu*, and keep them stirring till they are intimately mixed and united.

Syrup of Coltsfoot.

TAKE Coltsfoot six ounces, maidenhair two ounces, hyssop one ounce, liquorice-root one ounce; boil them in a pottle of spring-water, till a pint is consumed; then strain it, and clarify it with whites of eggs. In clarifying, add two pounds of powder-sugar, and boil till it comes to be almost as thick as honey.

Syrup of Clove July-flowers.

TAKE of fresh-gathered red Clove July-flowers, clipped clear from their white heels, sixteen ounces, cloves two scruples, boiling spring-water a quart; let them steep together in a mild heat for a night; then strain off the liquor, and add thereto three pounds of white sugar; dissolve it in a bath-heat, and make the whole into a syrup, without boiling, according to the rules of art. It is cordial.

A balsamick Syrup for coughs, and to open the stomach.

TAKE of balsam of *Tolu* six drams, spring-water 20 ounces; boil them together, without taking off the scum that rises, to 12 ounces; then with 21 ounces of the best refined sugar, make it into a syrup without further boiling; and when it is grown cold, strain it off.

Syrup of Mulberries.

TAKE of the juice of Mulberries (become clear by settling) a quart, and with four pounds of white sugar make a syrup of it, by gentle boiling.

The Barley-syrup.

BOIL a pound of French barley in water, throw away the first water, and put to it the second time six wine-quarts of water, and let it boil till two quarts be consumed; then strain out the barley, keep the water, and put into it of fanicle, betony, agrimony, tormentil, maidenhair, hyssop, horehound, scabious, of these a large handful; of the flowers of violets, cowslips, borage, bugloss, marigold, sage, rosemary, of each a pint well pick'd; a pound of raisins of the sun stoned; half a pound of dodefigs cut; a quarter of a pound of dates ston'd, the white skin next the stone being pull'd off; half a pound of green liquorice; aniseeds, caraway-seeds, fenel-seeds, of each an ounce; ivory, hartshorn, elecampane-roots, of each an ounce; of parsley-roots, fenel-roots, couch-grass-roots, asparagus-roots, polypodium-roots of the oak, of each an handful. After they are cleansed, bruise your seed and liquorice, and slice your roots: put all this into the barley-water, and let them boil very softly in the water, closely covered, for twelve hours; afterwards strain it out as
G clean

clean as it can be wrung; then let it stand in, twenty-four hours; take the clear of this liquor, and add to it a pint of the juice of colts-foot clarified, half a pint of damask rose-water, and half a pint of hyssop-water; a drachm of saffron, three pints of the best virgin-honey, and as many pounds of sugar, as there are quarts of the liquor; boil this the space of half an hour; keeping it still very clean scumm'd; then put it into bottles, and keep it close stopp'd for use. You must take every morning three spoonfuls fasting, and last at night, in three spoonfuls of white-wine; and for old people, in sack, or aqua-mirabilis. This is good for a cold, cough, phthisick, green-sickness, dropfies, and stoppage of the pipes.

To make Syrup of Violets.

PLUCK the Violets from the greens, and sift them clean; then take to four ounces of Violets half a pint of water, and one pound of loaf-sugar; after which take the water, put in half the sugar, and set it over the fire; clarify and scum it well; stamp your Violets in an alabaster mortar; and when they are well beaten, infuse them in the clarified syrup a while; but by no means let the syrup be too hot, when you put in your Violets; for then it will look green: when these have infus'd a-while, strain them, and save out a little of the juice in another vessel, which set by; afterwards put in the rest of the sugar, set it on again, and keep it stirring and scumming: when it hath boil'd softly a little while, put in the rest of the juice, and one drop of the juice of lemon; set it on a little while again, and put it up for your use.

To make Syrup of Tolu.

BOIL half an ounce of pearl-barley in three several waters; strain

off the last water, and when 'tis settled, take three pints of it, and two ounces of balsam of Tolu: let it simmer on the fire, till almost a pint be wasted; then put in two pounds of loaf-sugar, and boil it up gently to a syrup of what thickness you please; and when it is cold, strain it thro' a fine strainer.

Syrup of Corn or red Poppies.

TAKE corn poppy-flowers fresh, two pounds; warm spring-water, four pounds; the next day strain it out; repeat the infusion with new flowers; strain it again, and with its equal weight of sugar boil it into a syrup.

Syrup of Violets.

TAKE fresh pick'd flowers of Violets one pound, and five half pints of boiling water; let them infuse for a night, in a close earthen vessel, glazed on the inside; then strain off the liquor, and dissolve therein twice its own weight of white sugar, so as to make a syrup without boiling.

Syrup of Marshmallows.

TAKE of the fresh roots of Marshmallows two ounces, those of parsley an ounce, liquorice-root, the tops of Marshmallows and mallows, figs, each half an ounce, stoned raisins two ounces, sweet almonds blanch'd an ounce; let all these steep together for a day, in three quarts of clear barley-water; then boil it to two quarts; after which press out the decoction, and in the liquor, grown fine by standing, dissolve gum Arabic an ounce, fine sugar four pounds, and make a syrup thereof with the requisite art.

Syrup of Buckthorn.

TAKE of the clarified juice of Buckthorn-berries three quarts, brown sugar four pounds, and with a gentle fire boil them into a syrup, and whilst it is yet warm, mix there

therewith a drachm of the distill'd oil of cloves, received upon a little sugar. N. B. Care must be had that the true *Buckthorn* be taken, because other berries are often deceitfully gathered for it, as the *Berry-bearing Alaer*, the *Cornelian Cherry*, and others: and this may be known by the number of seeds; for the *Buckthorn* has generally four, whereas the *Alder* has but two, and the said *Cherry* no more than one.

This may be used instead of the Syrup of the five opening roots.

TAKE of the bark of the roots of fenel and parsley, each 8 ounces, spring water three quarts, digest in a moderate heat for a night; then boil them together till a quart be evaporated: to three pints and a half of the clear decoction strongly pressed out, add vinegar half a pint, fine sugar six pounds, and boil the whole with the requisite art into a syrup.

Of JELLIES, and how to make them.

JELLIES are very strengthening and nourishing, as carrying the whole strength of the thing they are made of, in them; and many of them may be made with little cost. Their proper meats to be made on are these, viz. 1. Three pair of Calves feet; 2. A well-fleshed Capon, not very fat, and a Knuckle of Veal; 3. A pair of Calves feet, half a pound of Ising-glass, and a well-flesh'd Capon; 4. A Knuckle of Veal, and an old Cock; 5. A Pullet, and a quarter of a pound of Hartshorn; 6. A Capon only; 7. Cock or Capon with Ising-glass; 8. Jelly of Hogs-feet; 9. Sheep's feet, Lambs feet, or Calves feet. Now to make these into proper Jellies, I shall give you one example for all, as to what relates to Flesh Jellies, viz.

TAKE Calves feet well scalded, pare the bottoms, and take out the long shank-bones, lay them to soak in water four or five hours; boil about a dozen of them in two gallons of spring water, continually, as they boil up, taking off the scum, till about the fourth part of the water be consumed; then strain it through a Jelly-bag or a thick linen cloth, and let it cool; then take the clearer part from the settlings, pare off the top, and melt it; then put it into an earthen vessel, adding white-wine, ginger, mace, cinamon, and the whites of eggs, little or more proportionably to the Jelly you make; then add some juice of lemons, and sugar, to season it; boil it leisurely, and strain it again; then eat it alone, or serve it up with meats, or any other things that require Jellies of this kind.

And so by boiling the other meats to mash, according to these rules, you may make curious strengthening Jellies of them.

To make Jelly of Calves feet.

TAKE a set of Calves feet, take the long bone out, and split the foot, take the fat out; boil these in six quarts off, with half a pound of harts-horn, till it is jelly, which you know by cooling a little in a plate; strain it off, scum all the fat off; then beat the whites of twelve eggs, as much sugar as will sweeten it, the juice of six lemons, some cinamon and mace, a little orange-flower water, a pint of good white-wine; stir this all together over a stove, till it boils: it must not be too sweet, nor too sharp: strain this through a jelly-bag. You may make it with harts-horn alone.

How to make Jellies of several sorts of Fruits.

THE Fruits proper for these are, 1. Currans; 2. Quinces; 3. Apples; 4. Pears; 5. Plums; 6. Raspberries, Strawberries, and the like; and to make these, I shall, for brevity's sake, give you one general Example, *viz.*

Jelly of Apples.

TO do this, pare the softer sort of pleasant-tasted Apples, and slice them very thin, taking out the cores and seeds; boil a pound of them in a quart of water, till a fourth part be consumed; then strain

it well, and to every pint and half put three quarters of a pound of sugar, with a little mace or cinnamon, and boil it up to a thickness, adding a quarter of a pound of ising-glass; strain it again, and put it up for use.

This and all other Jellies of Fruits, are cooling and wholesome; and are taken with success in hot diseases, and are very refreshing at all times; and by this rule you may make Jelly of any fruit. You may mix, if you please, Wine, Cream, or Milk with them; and scent them with Rose, Orange, Citron, or any pleasant-scented waters.

To make Jelly-broth.

TAKE any of the Meats mentioned for Meat-Jellies, put a quart of white-wine to two quarts of water, and a pound and half of sugar, six eggs, two nutmegs thinly sliced, two races of ginger, a quarter of an ounce of mace, and a little cinnamon grossly bruised; boil it up as the Calves-feet Jelly, strain it, and scent it with a little ambergris, or musk; season it with lemon or orange-juice, and it will be excellent.

To make Oyster-Jelly.

THIS may be properly called, a Jelly of divers sorts of Fish, and may serve in general for *Fish Jelly*.

To make it, Take 10 pretty large flounders, two small pikes or plaice, and four ounces of ising-glass very well cleansed; boil them in a large earthen pipkin, with two quarts of spring water, and as much white-wine, adding slices of ginger, and blades of mace, and so boil them up to a Jelly; strain it thro' a jelly-bag into a pretty deep dish, and when cold, pare off the top and

bottom, and put it into a pipkin, with three or four spoonfuls of the juice of lemons; season it with fine sugar beaten with the whites of eggs; then stew a quart of large Oysters, in a pint of white-wine and their own liquor; add some spices, as mace, ginger, and cinnamon, with pomgranate-kernels; put these, when well jellied, to the former, heat them, and run them thro' a bag, and keep it as an excellent Jelly, three or four spoonfuls being sufficient for a day on urgent occasions.

Harts-horn Jelly may be made thus:

TAKE half a pound of Harts-horn shavings, an ounce of ising-glass; pull it in pieces; put these into five pints of spring-water, boil it to little less than a quart, over a gentle fire; strain it, and let it stand all night to settle; melt the Jelly; squeeze in two large lemons and a half, the whites of seven eggs, half a pint of white Mountain wine, and sweeten to your taste with doubly-refin'd sugar; then put all these ingredients upon the fire, stir it

it pretty much till it boils; boil a very little, then stir it well together, and strain it through a jelly-bag; let it not run very fast; if it does, put it in again; put lemon-peel into the glasses: this quantity will make a dozen and half of glasses.

To run Colours.

TAKE several small pipkins, and put into them strong Jellies ready season'd; take also muslin rags, some with cochineal bruised, others with saffron; spinach-juice tie therein, and put them into the pipkins; and as you would have the colours rise, fine them with the whites of eggs, and run them through several bags.

An excellent way to make Jelly.

TAKE a shoulder of veal, and cut the fat clean away; then take three or four calves feet, scald them clean, and cut away the fat; afterwards lay both the veal and feet in fair water four or five times; then take a pot which will hold two gallons of water, and put in your veal and feet: when it seeths, scum it well; boil it till it is reduced to half a gallon, or somewhat more: it must boil five hours or longer; after which strain it, and when 'tis cold, take the fat quite away.

To make Lemon-cream.

TAKE one pint of thick Cream, set it on the fire, keep it stirring, let it simmer; sweeten it very sweet with fine sugar; keep it stirring till 'tis pretty cool; then put in the juice of half a great lemon with the peel wrung in, to make it taste of the peel; when 'tis stirr'd till 'tis cold, stir it up high to bring a froth in the dish; and when cold, serve it up. Early in the morning 'tis proper to make this cream against dinner.

Another for the same.

SQUEEZE nine lemons upon a pound and an half of doubly-refin'd sugar, fourteen or eighteen spoonfuls of fair water; then set it on the fire, till the sugar be all melted; put to it the white of nine eggs, stirring it; strain it through a napkin, set it on the fire again, and stir it all the while till you see it begin to thicken; afterwards put in orange-flower-water, four or five spoonfuls to your taste; take it off the fire, and put it into your dish: you must put some lemon-peel into it; and some must be boil'd tender, and cut in small strings, to lay at the bottom of the dish.

To make clear Lemon-cream.

TAKE the half of a hartshorn jelly, and put into it the peel of two lemons; set it over the fire, and let it boil; then take the whites of six eggs, and beat them well; take the juice of four lemons, grate the peel of them, and put it into the juice of the lemons to soak a little while; afterwards put the juice and the eggs together; put in such a quantity of doubly-refin'd sugar as will sweeten it to your taste; let it boil very fast almost a quarter of an hour; then strain it through a flanel jelly-bag, and as it runs thro' put it in again two or three times, till it looks clear; after which take the peel of lemons boil'd in it, and cut it into very fine threads: put an equal quantity of them into every glass; stir it till 'tis half cold, and then put it into glasses.

To make yellow Lemon-cream.

GRATE off the peel of four lemons; squeeze the juice to it, and let it steep four or five hours; strain it, and put to it the whites of eight eggs, and the yolks of two, well-beaten and strain'd; a pound of

doubly-refin'd sugar; a quarter of a pint of rose-water; and a pint of spring-water: stir all these well together, and set it on a quick fire, but let it not boil; and when 'tis cream, 'tis enough.

To make Spanish-cream.

TAKE three spoonfuls of rice-flour, searced very fine; three yolks of eggs; three spoonfuls of fair water; two spoonfuls of orange-flower-water: mix them well together; then put to it one pint of cream, and set it on a good fire, keeping it stirring till 'tis of a good thickness; afterwards dish it, and keep it cold.

To make Sugar-loaf-cream.

TAKE a pint of jelly of harts-horn; put in a little isinglass; make it thick with almonds or cream, which you please; sweeten it very well; put it into tin pots; let it stand till 'tis cold; when you use it, dip the pan in warm water, and take it out whole.

To make Chocolate-cream.

TAKE a quart of cream, a quarter of a pint of white-wine, a little juice of lemon; sweeten it very well; lay in a sprig of rosemary; grate some chocolate, and mix all together; stir it till 'tis thick, and dish it up.

To make Cream of Almonds.

BLANCH Almonds, and then bruise them small in a mortar, and strain them thro' a strainer with fair water; then strain them thro' again with thick milk, and with a quarter of a pound of sugar; put that into a pot, set it over the fire, put thereto a little salt, and stir that well, that it burn not to the pot; when that is boil'd, take it from the fire, cast a ladleful of fair water into it, cover it with a dish, and let it stand; afterwards take a fair cloth of an ell long; let it be holden strait abroad, and cast the cream upon it

with a ladle; draw under the cloth to draw the water from the cream from the midst of the cloth; knit the four corners of the cloth together, and hang it upon a pin.

The Lady Bristol's manner of making the Spanish Nita, alias clouted Cream.

TAKE a great quantity of milk from the cow; scald it in a kettle upon a charcoal fire, stirring it, that it burn not at the bottom; and when 'tis ready to boil, take it off, and stir it a little while after it is taken from the fire; then lade it into a milk-pan; let it stand twenty-four hours at least; afterwards divide the cream with a knife, as it stands upon the pan; and take it off with a skimmer, that the thin milk may run away, then lay it into dishes, one piece upon another, till your dish be as full as you please to have it; thus keep it twenty-four hours before you spread it, or longer if you please.

To make a Dish of Almond-butter.

TAKE a dish of sweet butter, and seeth two eggs very rare; take the yolks of them, and put to the butter; then take twenty or more blanch'd almonds; stamp them, and grind them fine with two spoonfuls of rose-water; then put them to the butter, and stir all these together; afterwards strain them thro' a cullender, with a quantity of sugar, into a pewter dish, and so serve it in.

To make Lemon-butter.

TAKE a quart of cream, the whites of three eggs well beaten with a little orange-flower-water; sweeten it to your taste; then take a lemon, rasp the rind, and put it into the juice of the lemon; let it stand while your cream is ready to boil; next, put it into the cream, and when 'tis boil'd a little, put it into a sieve,

a sieve, and let the whey run from it; then beat it up well together, and lay it up high in a dish. The same way you make orange or chocolate-butter, only with the yolks of eggs.

To green Leaves.

TAKE little leaves of a pear-tree; keep them close stopp'd in a hot scalding pale verjuice and water;

then give them one boil in some syrup of apricots, and lay them between two glasses to dry; smooth and cut them in shape of apricot-leaves; for little apricot-leaves are so tender, they will not endure greening; be sure they be got with stalks, and stick them in the apricot; close up the apricot as plump and natural as you can.

MARMALADES.

To make Marmalade of Apples.

SCALD the Apples in water till they are very tender; then take them out, and drain them, and strain all through a sieve, and then boil the sugar till it is very much feather'd; put three quarters of a pound to every pound of fruit, temper the mass very well, and dry it on the fire, let it simmer, and pour the Marmalades into the pots and glasses; strew sugar over it. After the same manner you may make Marmalades of Pears.

To make Marmalade of Apricots.

BOIL five pounds of ripe Apricots in two pounds of sugar pearled-boil'd; scum it, till no scum arises; take them off the fire, and let them stand and cool; then set them on the fire to dry and break; afterwards take three pounds and a half of cracked-boil'd sugar; incorporate it with the paste, and let them simmer together a little; after which put into pots, strewing them with sugar.

To make Marmalade of Cherries.

TAKE as many Cherries as you please; set them on the fire in a copper pan, to extract their juice; then drain them; bruise and pass them thro' a sieve; put the Marmalade into the pan again, and dry it upon a brisk fire; keep it stirring,

and turn it with a wooden spathula till it is quite dry, and begins to stick to the sides of the pan; then put a pound of greatly feather'd sugar to every pound of fruit; simmer them all together, and put it into pots, and strew it with sugar.

To make a Marmalade of Currans.

STRIP the Currans from the bunches, soak them in boiling water, till they break: take them off the fire, and then put them into a sieve to drain; and when they are cold, press them through the sieve to clear off the grains; dry them on the fire, till you have brought the sugar to its cracked quality, allowing an equal weight of fruit and sugar; let them simmer, and mix them well together, and put them into pots.

To make Marmalade of Quinces.

TAKE Quince-liquor, and to every pint of liquor put a pound of fine sugar; then take your Quinces, pare and slice them, and put in as many as the liquor will cover; boil them to a jelly, when they will turn red; during which keep the skillet close cover'd, and then put them into glasses.

To make Orange Marmalade.

TAKE three pounds of Seville Oranges, and the same weight in doubly-refin'd sugar; cut the

Oranges in halves, and squeeze out all the juice and pulp, and boil the Orange-peels in five or six waters (the waters you put them in must all be hot, except the first); when they are tender, and not bitter, with a fork pick out the strings that are in the inside of the peel; cut the peel in long narrow pieces; strain the juice of two Oranges more to them; then put the peels, juice and sugar, into the preserving-pan, and boil it near half an hour; when it is almost enough, squeeze in the juice of two lemons, clear from seeds and pulp.

Scrape the Oranges before you cut them, that they may be smooth.

Another way.

BOIL only the flowers in two waters, and beat them, when dry'd, in a cloth; pound them in a mortar pretty fine; then take their water, and half as much again of sugar finely sifted; boil them together till pretty thick, for it will presently candy: a spoonful or two of juice of codlings cannot hurt: the seeds must be taken out, and the green Oranges, before they are boil'd.

CONSERVES.

Conserve of Hipps.

TAKE any quantity of Hipps, before they are quite ripe; let them be opened with a knife, and cleared of their hair and seeds, then kept till they grow soft, and afterwards let them be bruised and pulped through a sieve, and with double their quantity of sugar reduce them to a Conserve.

Conserve of red Roses.

TAKE of red Rose-buds one pound, bruise them with a wooden pestle in a marble mortar, adding by degrees of white lump sugar powdered and sifted, three pounds, continue beating them, till no particles of the Roses can be seen, and till the whole becomes a similar mass.

Conserve of Orange-peel.

TAKE any quantity of the yellow part of fresh Seville Orange-peel; steep it in water, in a moderate heat, till it becomes soft; then

strain the water from it, and let it be bruised and passed through a sieve: afterwards bring the pulp to a proper consistence, over a gentle fire; then add thereto thrice its quantity of sugar, and let it be reduced into a Conserve, by beating it in a mortar. It is a good stomachick and expeller of wind; gives ease in the colick; proves of service in the jaundice; kills worms; and tho' it is heating, checks the menstrual discharge.

Conserve of Quinces.

CUT away the rinds, cores and seeds of Quinces; then cut them into small pieces, to the weight of 8 pounds; boil them till they are soft, and then put to them fine loaf sugar 6 pounds; boil them to a consistence. This Conserve is of service to recover the appetite, and against a diarrhoea; it also prevents abortion.

The

The ART of DISTILLERY;

Shewing how to make a great Variety of the most wholesome Cordial Waters.

WE shall principally in this Article regard the Health of our Readers; for 'tis certain that all spirituous liquors do great mischief to the constitution of human bodies, when taken otherwise than medicinally, or as cordials; whereas when they are used as such, they give great comfort and relief in particular ailments; and for this reason we shall generally point out the cases in which they are respectively beneficial.

Walnut Water.

TAKE green Walnuts in the beginning of June; beat them in a mortar, and distil them in a cold still, and keep the water by itself: Then about Midsummer gather some more, and use them as you did the first, and keep that also by itself: gather your Walnuts a third time, a fortnight after Midsummer, and use them in the same manner. Then take a quart of each, mix them together, and distil them in a glass-still, and keep it for use. It is deemed good in paralytical and dropical disorders.

To make Dr. Stephens's Water; from a Receipt he himself gave (a little before his death) to the Archbishop of Canterbury.

TAKE cinamon, ginger, nutmegs, grains of paradise, cloves, aniseeds, fenel-seeds, caraway-seeds, of each two drams; sage, chamomile, marjoram, lavender, mint, red-roses, pellitory of the wall, rosemary and thyme, and wild thyme, of each one ounce; break the spices fine, bruise the herbs small, and put them into 2 gallons of Bourdeaux red-wine, and let them stand 24 hours, stirring them; then put them into an alembick, and keep the first

water by itself, for it is best; the second water is good, but not equal with the first. It comforts the spirits, and helps all diseases that arise from cold: it kills worms in the body, and comforts the stomach. With this water the old Doctor preserved his life till he was not able to go nor ride, having kept his bed five years, when all other physicians thought it impossible for him to live one year: he owned before his death, that he never used any other physick but this. It will be the better if you set it in the sun in the summer.

Aqua Mirabilis.

TAKE cardamum, cubebs, galin-gale, cloves, ginger, mace, nutmegs, of each a dram; the juice of celandine, half a pint; mingle all these together, bruised to powder with the juice, and a pint of *Aqua Vita*, and three pints of white-wine; put them together into a glass-still; let it stand all night, and in the morning distil it with a very gentle fire. It is excellent against the palsy, and very restorative. In the summer one spoonful may be taken in a week, fasting; and in the winter two spoonfuls.

Another

Oranges in halves, and squeeze out all the juice and pulp, and boil the Orange-peels in five or six waters (the waters you put them in must all be hot, except the first); when they are tender, and not bitter, with a fork pick out the strings that are in the inside of the peel; cut the peel in long narrow pieces; strain the juice of two Oranges more to them; then put the peels, juice and sugar, into the preserving-pan, and boil it near half an hour; when it is almost enough, squeeze in the juice of two lemons, clear from seeds and pulp.

Scrape the Oranges before you cut them, that they may be smooth.

Another way.

BOIL only the flowers in two waters, and beat them, when dry'd, in a cloth; pound them in a mortar pretty fine; then take their water, and half as much again of sugar finely sifted; boil them together till pretty thick, for it will presently candy: a spoonful or two of juice of codlings cannot hurt: the seeds must be taken out, and the green Oranges, before they are boil'd.

CONSERVES.

Conserve of Hipps.

TAKE any quantity of Hipps, before they are quite ripe; let them be opened with a knife, and cleared of their hair and seeds, then kept till they grow soft, and afterwards let them be bruised and pulped through a sieve, and with double their quantity of sugar reduce them to a Conserve.

Conserve of red Roses.

TAKE of red Rose-buds one pound, bruise them with a wooden pestle in a marble mortar, adding by degrees of white lump sugar powdered and sifted, three pounds, continue beating them, till no particles of the Roses can be seen, and till the whole becomes a similar mass.

Conserve of Orange-peel.

TAKE any quantity of the yellow part of fresh Seville Orange-peel; steep it in water, in a moderate heat, till it becomes soft; then

strain the water from it, and let it be bruised and passed through a sieve: afterwards bring the pulp to a proper consistence, over a gentle fire; then add thereto thrice its quantity of sugar, and let it be reduced into a Conserve, by beating it in a mortar. It is a good stomachick and expeller of wind; gives ease in the colick; proves of service in the jaundice; kills worms; and tho' it is heating, checks the menstrual discharge.

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Another

Another way.

TAKE balm, mint, celandine, angelica, of each a sufficient quantity; dates, 12 ounces; cubebs, galingale, cardamums, ginger, cloves, mace, nutmegs, of each one ounce; orange and lemon-rind, of each half an ounce; caraway and coriander-seed, of each two ounces; rosemary-flowers, marigold-flowers, and melilot-flowers, of each an ounce: bruise the things which ought to be bruised, and infuse them in a sufficient quantity of water for the space of 24 hours; then, with seven gallons of brandy, distil it in an alembick: add four pounds of sugar to sweeten it.

Strong Cinamon Water.

TAKE of Cinamon bruised, two pounds; Canary, two quarts; sherry, four quarts; brandy, four quarts: distil it in a hot still, and when it is cold, add to it 2 pounds of doubly-refined sugar pounded, and after it has stood a-while, rack it off into new bottles, which will render it fit for use.

Cordial Cinamon Water.

TAKE of Cinamon bruised, twelve ounces; of fountain-water, five quarts; French barley, half a pound; distill'd in a cold still according to art.

Baum Water.

TAKE two gallons of strong ale, and a quart of sack, four pounds of young Baum-leaves, shred them; aniseeds and liquorice, of each a pound, beaten to powder; put them all into the ale and sack; let them steep 12 hours, and then put them into an alembick, and distil it.

Cherry Water.

TAKE a pottle of claret wine, four pounds of common Cherries, one ounce of rosemary, one ounce of baum, two ounces of cinamon broken in sticks, one dram of

nutmegs, quarter'd; steep them all in an earthen pot all night; the next morning distil them in an ordinary still, and keep a pretty quick fire under them; after it is distilled, put to every quart of water four ounces of white sugar-candy, and hang a bag with a little musk and ambergris; stop it close. It is good in any weakness or fevers, where other hot waters cannot be given, to comfort the stomach and spirits,

A good Water to be drank in a Fever.

TAKE a quart of red-wine, and a quart of milk; distil them together. The patient may drink plentifully of it, and it will allay the heat, and bring the body into a good temper.

Rosemary Water.

TAKE three quarts of Rosemary-flowers, one quart of cowslip-flowers, half a pound of dates, two drams of nutmegs, half a pound of clove July flowers, and half a pound of cinamon, two ounces of raisins of the sun stoned; bruise the cinamon, and slice the nutmegs and dates; steep them with the flowers all night in six quarts of sack; the next day distil them in an alembick, and draw away three quarts of water with a slow fire; put into your receiver one pound of white sugar-candy. You may put the first and last runnings together, and keep the middle by itself.

Dr. Butler's Treacle Water.

TAKE harts-horn shaved, one ounce; boil in three pints of spring-water to a quart; then take roots of elecampane, gentian, cypress, tormentil, of each one ounce; carduus benedictus, angelica, of each one ounce; borage, bugloss, rosemary-flowers and marygold-flowers, of each two ounces; citron-peels one ounce; cowslip-flowers, two ounces;

ounces; clove July-flowers, lavender-tops, sweet marjoram-tops, of each two ounces; Venice treacle one pound, dissolv'd in fix pints of rich sack or white-wine, and three quarts of red-rose-water; infuse all the ingredients 24 hours in a clean earthen vessel stopt close; then distil it in a common still well luted (there will be enough for two stills, unless your still be very large). The first running is best, and you may draw a quart off, and of the next draw as long as you find taste or smell. The dose of the first is two spoonfuls; the other three spoonfuls at a time: The weakest is for young children.

Lady Brooke's Treacle Water.

TAKE the roots of elecampane, gentian, cypress, tormentil, angelica, of each an ounce; of the leaves of our lady's thistle, a handful and an half; bugloss-flowers, borage, marigold, and rosemary, of each two ounces; of citron-peels, an ounce; Venice-treacle, a pound, dissolv'd in three quarts of sack; one pint of red-rose-water; a quart of carduus-water: infuse them all together one night, and then distil in a rose-still.

To make Barley Water.

TAKE two quarts of fair water; French barley, two ounces; hartshorn and ivory, of each half an ounce: boil it together till it comes to one; sweeten it with what syrup you please.

The Snail Water.

TAKE a pound and an half of cheese-curds before they are salted, and the flesh of a young capon stripp'd, and cut in small pieces; but throw away the bones, fat and skin. Take ten new-laid eggs, twenty-four snails gather'd in woods or groves; use them, shells and all; four lemons cut in pieces, the outer

skin being taken away; four ounces of sweet almonds; half a pound of the crumbs of white-bread; half a pint of red-rose-water: mix all well together, distil them with a gentle fire, and keep it for use.

A Water for weak stomachs, small-pox, measles and surfeits, in great esteem with Queen Elizabeth.

TAKE sage, celandine, rosemary, wormwood, dragon, mugwort, pimpernel, scabious, agrimony, balm, scordium, centaury, carduus, betony, rosa solis, of each one ounce; angelica-roots, gentian, tormentil-roots, zedoary-roots, and liquorice, of each an ounce; slice the roots, and shred the herbs, and put them all together into a gallon of white-wine; cover them close, and let them infuse for 48 hours; then distil them in an ordinary still, and keep the top of the still cold with wet cloths; draw off three quarts, keep each quart by itself. When you take it, sweeten it with sugar; give a child two spoonfuls of the first or second drawing, or four of the last drawing: To grown persons give double the quantity.

Juniper Water.

TAKE the best Juniper-berries 12 ounces, proof spirit of wine 3 gallons, a sufficient quantity of water, and distil them. You may sweeten it with sugar. It is an excellent remedy against wind in the stomach and bowels; it powerfully provokes urine, and is therefore a good diuretick in the gravel and the jaundice.

Compound Wormwood Water.

TAKE the outward fresh rinds of lemons, one pound and a half; orange-peels, one pound; tops of dried Wormwood, winter's cinnamon, of each half a pound; flowers of chamomile four ounces, lesser cardamums not husk'd, cloves, cubebs, camels-

camels-hay, of each one ounce; cinamon, nutmegs, caraways, of each two ounces; spirit of wine six quarts, spring-water four gallons and a half: digest for three days, then distil in *balneo Maria* to dryness. It is an excellent stomachick water, and a good cordial.

Simple Wormwood Water.

TAKE Wormwood dried one pound, caraway-seeds bruised four ounces, spirit of wine three gallons; infuse them, and distil them, and then put in one pound and half of sugar, and keep it for use.

To make Compound Parsley Water.

TAKE of Parsley-roots four ounces; fresh horse-radish-root, and juniper-berries, of each three ounces; the tops of St. John's-wort, biting arsmart, and elder-flowers, of each two ounces; the seeds of wild carrot, sweet fennel and parsley, of each an ounce and half: slice and bruise the ingredients, and add thereto two gallons of French-branddy; common water two gallons; let them steep together in the still three or four days, and then draw off two gallons. It is good for the gravel and stone.

Hungary Water.

TAKE flowers of rosemary 20 ounces, rectified spirit of wine three pints; let them infuse some days, and then draw off as much as there was spirit put in.

To make Compound Piony Water.

TAKE of the roots of Piony fresh gather'd, 18 ounces; of bitter almonds, six ounces; of the leaves of rosemary, rue, wild-thyme, and flowers of lavender dried, each three ounces; of cinamon, cubebs, seeds of angelica, coriander, caraway, anise, each half an ounce; rectified spirit of wine, one gallon; water, five gallons: draw off by distilla-

tion, three gallons. 'Tis good in all nervous cases.

Spirit of Wine with Camphire.

IS made by dissolving half an ounce of Camphire in a pint of rectified Spirit of Wine.

An excellent Cordial Water.

TAKE peels of dry'd citrons and oranges, nutmegs, cloves, cinamon, of each two ounces; roots of cypress, Florentine-orrice, *calamus aromaticus*, of each one ounce; zedoary, galingales, ginger, of each half an ounce; tops of lavender and rosemary, of each two ounces; leaves of bays, marjoram, mint, sage, thyme, of each one ounce; fresh flowers of white and damask-roses, of each one ounce; infuse them in two quarts of damask-rose-water, and one gallon of brandy; distil them, and draw off five quarts. It is a very good cephalick, and a convenient julep in all nervous cases. It is also a pleasant dram, and very good upon any sudden sickness of the stomach.

Compound Horse-radish Water.

TAKE the leaves of both the scurvy-grasses, fresh gather'd in the spring, of each six ounces; add of brook-lime and water-creffes, of each 4 ounces; of horse-radish-root 2 pounds; arum-root fresh six ounces; winter's bark and nutmegs, of each four ounces; lemon-peels dry'd two ounces; French-branddy two quarts; draw off by distillation one gallon. It is good against all obstructions of the kidneys and viscera, and prevails against the jaundice, weakness of constitution, and dropsies; and is of great service in all scorbutick cases. The dose is from half an ounce to three or four ounces, unless at first distilling, and then it must be diluted by some proper vehicle. You must fix the worm

worm close to the receiver by a bladder, to prevent spirits flying away.

Cardamum Water.

TAKE pimento, caraway, and coriander-seeds, lemon-peels, of each four ounces; proof spirits three gallons; a sufficient quantity of water; distil and sweeten with sugar, one pound and a half. It is a cheap and good cordial, and may be used in all cases where a stomachick cordial is necessary.

Nutmeg Water.

TAKE Nutmegs bruised, half a pound; orange-peels, an ounce; spirit of wine rectified, three gallons, with a sufficient quantity of water; distil and sweeten it with two pounds of loaf sugar. It is a most excellent cephalick and stomachick cordial; it helps the memory, and strengthens the eye-sight.

Aqua Maria.

TAKE sugar-candy one pound, canary half a pint, rose-water four ounces; boil them to a syrup, and mix it with *aqua coelestis* two pints; ambergris and musk, of each 18 grains; saffron 15 grains; yellow sanders, infus'd in *aqua coelestis*, two drams; let it settle, and decant the liquor off fine by inclination. It is a good cordial, and raises the spirits; and it is good in all sinkings, and nervous decays. Take from two drams to one ounce.

Aqua Coelestis.

TAKE cinamon one ounce, ginger half an ounce; of all the sanders, of each six drams; cloves, galin-gales, nutmegs, of each two drams and a half; mace, cubebs, of each one dram; cardamums the greater and lesser, of each three drams; zedoary half an ounce; seeds of fennel-flowers three drams; of anise, fennel, wild-carrot, basil, of each one

dram and a half; roots of angelica, avens, liquorice, valerian, *calamus aromaticus*, leaves of clary, thyme, calamint, pennyroyal, mint, mother of thyme, marjoram, of each two drams; flowers of red-roses, sage, rosemary, betony, stœchas, borage, bugloss, of each one dram and a half; citron-peels three drams; bruise them to a gross powder all together; infuse them two or three weeks in six quarts of spirit of wine; then draw off as much by distillation, and add to the water *species di-ambra*, *aromaticum rosaceum*, *di-amoschu dulcis*, *diarrhod. abbat.* and electuary of gems, of each three drams; yellow sanders two drams; ambergris and musk, of each one scruple; *julapium roseatum* one pound: Let them stand one month, frequently shaking the vessel, and then decant it for use.

Alexiterial Milk Water.

TAKE the leaves of meadow-sweet, *carduus benedictus*, and goats-rue, of each six ounces; mint and wormwood, of each five ounces; rue three ounces; angelica two ounces: bruise them all, and pour three gallons of new milk upon them; distil in a sand-heat.

Mint Water.

TAKE Mint dried four pounds; two gallons and a half of proof-spirits; three gallons of water; distil them, and sweeten with sugar one pound and a half.

Compound Scordium Water.

TAKE goats-rue, sorrel, scordium, and citrons, of each one pound; London treacle two ounces; put into an alembick, with a sufficient quantity of water, and two quarts of spirit of wine; draw off about a gallon. It is an excellent sudorifick, and, if join'd with an acid, is preferable to treacle-water.

Rosa

Rosa Solis.

TAKE Rosa Solis clean pick'd, one pound and a quarter; cinamon, cloves, and nutmegs, each one ounce; marygold one quarter of a pound; caraway-seeds three ounces; proof-spirits three gallons; water two gallons: draw off your proof-spirits, and in a quart of liquor put four ounces of liquorice sliced; raisins ston'd one pound; red sanders four ounces: infuse upon hot ashes to a due extraction of their virtue; strain and dissolve therein white sugar, one pound and half; which when cold mix with the proof-spirits, and keep it for use.

Aniseed Water.

TAKE Aniseeds 12 ounces; proof-spirits three gallons; spring-water one gallon and half: infuse them all night in the still, and draw off with a gentle heat, no more than runs proof; sweeten with brown sugar two pounds.

To make right Usquebaugh, according to the Receipt of that which was made for the Use of King William III. when in Ireland.

TAKE ten gallons of a good brandy-spirit, made from strong beer, and some new malt; aniseeds one pound; cloves two ounces; nutmegs, ginger, and caraway-seeds, each four ounces: distil them into proof-spirit, according to art; then add to the liquid part Spanish-liquorice, raisins of the sun stoned, of each two pounds well bruised; dates stoned, and the white skin taken off, four ounces; cinamon, the like quantity; keep them four days in a close vessel, well stopped; and at the end of three days add three grains of musk and ambergris, dissolved and dulcified with five pounds of Nevis-sugar; stir them well at times, ten days, and strain the liquid part through a flannel,

fixed on a sieve, or any other convenient place; fine it down with whites of eggs and flour. Some there are who only draw it off the lees into other casks, that keep it when fine. And thus, as you would have it richer or weaker, you may take better or worse spirits, or more or less of the ingredients, tho' the way of making and ordering is the same.

To make good Usquebaugh.

TAKE nutmegs, cloves, cinamon, of each half an ounce; aniseeds, caraways, coriander, of each one ounce; liquorice sliced two ounces; proof-spirits three gallons; a sufficient quantity of water; macerate and distil, hanging at the end of the worm saffron teez'd, half an ounce; which frequently squeeze out, till all its tincture is spent in the distilled liquor, and sweeten it with two pounds of fine sugar.

Surfeit Water.

TAKE centaury, marigold-flowers, mint, rosemary, mugwort, scordium, rue, carduus, balm, dragons, St. John's-wort, of each three ounces; roots of angelica, butter-bur, piony, scorzonera, of each seven ounces; *calamus aromaticus*, galin-gale, angelica-seeds, caraway-seeds, of each ten drams; ginger six drams; red-poppy-flowers three handfuls; proof-spirits three gallons; water one gallon and a half: macerate, distil, and sweeten with fine sugar one pound and a half, and keep it for use.

White Clove Water.

TAKE winter's-bark six drams; pimento one ounce; cloves two drams; bruise them, and infuse all night in proof-spirits three gallons; a sufficient quantity of water; draw off the spirits, and sweeten with one pound and a half of fine sugar.

Red Clove Water.

TAKE Cloves bruised, six drams; Jamaica-pepper, an ounce and a half; proof-spirits, three gallons; a due quantity of water: macerate and distil as long as it runs proof; sweeten it with two pounds and a half of brown sugar or treacle, colour it with five or six pints of elder-juice, to the colour of claret.

Caraway Water.

TAKE Caraway-seeds bruised, one pound; proof-spirits, three gallons; water, one gallon and a half: draw off, and sweeten with one pound and a half of sugar.

Another.

TAKE Caraway-seeds bruised, half a pound; lemon or orange-peel dried, six drams; spirits, three gallons; a due quantity of water: distil and sweeten with two pounds of sugar.

Citron Water.

TAKE the best lemon-peel bruised, 18 ounces; orange-peel, 9 ounces; nutmegs bruised, one quarter of a pound; strong proof-spirits, three gallons; water, two gallons: macerate and distil them, then sweeten it with two pounds of double-refined loaf-sugar, and keep for use.

To make an excellent Plague Water.

TAKE of the roots of angelica, fresh dug up, nine ounces; zedoary, the leaves of rue, mint, and rosemary, juniper-berries, and Venice treacle, of each an ounce and a half; Virginia snake-root, and seeds of angelica, each six drams: add thereto rectified spirit of wine, one gallon; water, four gallons: Draw off three gallons.

Gold Cordial.

TAKE the best brandy, three pints; confection of alkermes, half an ounce; oil of cloves, ten drops; loaf-sugar, six ounces; musk and ambergris, tied in a rag, of each three

grains: infuse them all together in a large glass-bottle, close corked, and shake it every day; filtre or decant off the clear liquor, adding six leaves of gold thereto. It is a great cordial, and prevents faintings, swoonings, and sickness at the stomach, and is good in nervous cases.

Ratiffa.

TAKE melasses-brandey, three gallons; nuts, two ounces and a half; bitter almonds, one pound and a half: bruise them, and infuse in the brandy; add ambergris, three grains, mixt with fine Lisbon-sugar, three pounds; infuse them all for seven or eight days, and then strain off for use.

A strong Palsy Water.

TAKE the spirits of five gallons of the best old sherry-sack, distill'd in an alembick; take cowslip-flowers, the flowers of borage and bugloss, and of the lilies of the valley, of each one ounce; take also rosemary-flowers, sage and betony-flowers, of each one ounce; take each flower in their season, and so put into some of the spirits aforesaid, in an open-mouth'd glass of near a quart, for that will hold them all, with the spirits, 'till you are ready to distil the water; but this, and the rest of the spirits, must be most carefully stoppt till you use it: Take lavender-flowers in their season, strip them clean from their stalks, and fill a wide-mouth'd gallon-glass with them; pour into them the remainder of your spirits, then stop them close with cork and bladder (as before), and let them stand six weeks to digest in the sun; then put all together, these and the first-steep'd flowers, with all the spirits in both glasses; add also baum, motherwort, spike-flowers, bay-leaves and orange-leaves, if to be had, of each an ounce, cut small, and put to the former

mer flowers and spirits: Distil all these together in an alembick; make three runnings of it; first a quart glass, which will be exceeding strong; then a pint glass, which will be almost as good; lastly, receive from it a pint glass full, or as much as runs strong; for when it runs weak, which you may know by taste and colour, which will be whiter, let it run no longer: Put your three runnings all together; then take citron-peel, the outside yellow rind, or lemon-peels thin pared, also pine-seeds hull'd, of each six drams; of cinamon one ounce; of nutmegs, mace, cardamums, cucubies, and yellow sanders, each half an ounce; of lignum-aloes one dram: make all these into a gross powder, and put them into a white sarsenet bag, to be hung in the water aforesaid: Take also of prepar'd pearls, two drams; of prepar'd smaragd, a scruple; ambergris, musk, and saffron, of each a scruple; of red-roses, well dry'd and sweet, 1 ounce: These may be put into a little bag by themselves, and hung in the spirit as the other; close it well, that no air gets in, for six weeks; then take out the water, and press the bags dry; keep the water in narrow-mouth'd glasses close stopp'd.

The Use of the Water.

'Tis so strong and powerful, that it cannot be taken alone, but must be dropp'd on crumbs of bread and sugar by any one, for prevention. Take first and last, about a quarter of a spoonful, and at four in the afternoon: Fast always before and after it a full hour at least. 'Tis of exceeding virtue in all swoonings, weakness of heart, and decay'd spirits; in all palseys, apoplexies, both to help in, and prevent, a fit; 'twill also keep all cold dispositions off the liver, restores lost appetite, and for-

tifies and strengthens the stomach; 'twill alone cure a dropsey, if taken at first, and the patient be kept from small and cooling liquors.

A second Palsey Water.

WHEN the first Water has run what is strong, there will be some small Water at the bottom of the alembick; pour it out from the herbs and flowers, and drain them; put them into a gallon of the best sherry; so let them stand close stopp'd five week; then distil them, and let it run as long as it continues strong; then pour it into the glass where the sarsenet bags are, and let them be in this second liquor close stopp'd six weeks; then you may use it as the former, with bread and sugar; for though this is not so powerful as the former, 'tis too strong to take alone. Both these are good to bathe outwardly the part affected with weakness by Palsey, and generally help any violent pains or aches that any part is vexed with; but because batheing wastes most, and this sort is less costly, they commonly use this second sort for that.

A highly approved Palsey Water.

TAKE sage, rosemary, betony-flowers, of each half an handful; of lily of the valley, single piony, borage, bugloss-flowers, each an handful: steep these in spirit of wine, muscadine or aqua vitæ; then baum and spikenard, two ounces; motherwort, bay-leaves, orange-leaves and flowers, each an ounce: put to 'em as many lavender-flowers, stripp'd from the stalks, as will fill a large gallon-glass; gather 'em all in their season: after they are steep'd six weeks, distil 'em carefully in an alembick; then put to this water citron-peel, dry'd piony-seeds hull'd, each six drams; cinamon, half an ounce; nutmegs, mace, cardamums, cubebs.

cubebs, yellow faunders, each half an ounce; lignum aloes, one dram: make these into powders, put 'em to the water of jujubes, new and good, half a pound, with their stones taken out, and cut 'em small; close the vessel with a double bladder; let 'em all digest six weeks; then press out the liquor, and strain it thro' a clean cloth: afterwards put to it prepar'd pearl, smaragds, musk and saffron, each ten grains; ambergris, one scruple; red-roses dry'd, red and yellow faunders, each an ounce: hang these in a farsenet bag in the water. Give forty drops at night in sugar, crums of bread to a man, at going to bed, especially in the full and new of the moon. January is the best time for gathering the roots. Some add lime-flowers and marum, about a handful of each; a pound of single peony-roots; and half a pound of angelica-roots.

A good Cordial for the Spleen.

TAKE four ounces of harts-horn; one ounce of cardamums; one ounce of cinamon; one ounce of saffron; two ounces of red sage; and as much balm: steep these 24 hours in two quarts of sack, or as much good brandy, which you please; distil it in a cold still as quick as you can, and let it drop on four ounces of sugar-candy. Drink of this, when low-spirited.

A Snail Water, good in Consumptions and Faundice.

TAKE a peck of large shell-snails, lay them on a hot hearth before the fire; let them lie till they have done hissing and spitting; then wipe them from the froth, and break them in a mortar; have a quart of earth-worms, slit and scour'd clean with salt and water: beat them with the snails; then take angelica, celandine, wood-forrel,

agrimony, bear-foot, barberry-bark, great dock-roots, of each two ounces; rue one ounce; rosemary-flowers one quart; half a pound of harts-horn; turmerick and fenugreek, of each two ounces; half an ounce of powder'd saffron, and 3 ounces of cloves fresh beat: shred these ingredients, and infuse all in 3 gallons of strong ale, for 12 hours; then distil it, and draw off what runs good, and take three spoonfuls of this in a glass of sack or white-wine, an hour before every meal; use moderate exercise with it. 'Tis highly recommended.

A Poppy Water for Surfeits and Over-eating.

BREW ten gallons of strong ale-wort; when 'tis cool, work it with yeast, and add as many fresh red poppies as the wort will conveniently wet, so that you may stir it daily: let the poppies infuse in this wort three days and nights; then draw it off in an alembick, as quick as you can, till the whole is distill'd off; mix the small and strong together, and take a glass at any time, with or without sugar, after a full and digesting meal. 'Tis not much stronger than a simple water, but has done great things this way.

To make Lemon Water.

TAKE two dozen of lemons, pare the rinds of them very thin, and put them into an earthen pot; then put to them a quart of the best brandy, and stop it very close, that the air may not come in; let it stand a fortnight, afterwards put it in a cold still, with a quart of the best Malaga-sack, and paste it up close, to prevent the air from entering: keep it with wet cloths; when your water is all still'd, put it all together, and put half a pound of double-refin'd sugar unbeaten to two quarts of water, and let it stand in

an earthen pot, till all be dissolv'd: or else you may sweeten with sugar beaten fine to your taste.

To make Lemon Cordial.

GRATE the rinds of two Lemons; then take the juice, and put the rind to it; let it lie in it half an hour: afterwards take eight yolks of eggs; beat them well with a little water; then strain the juice of lemon from the peel into the eggs: in the mean time have in readiness some water and white-wine, and a little white bread boil'd; sweeten it; let it cool a little; afterwards put in the juice of lemon and eggs, and keep it stirring all the while over the fire, while it thickens; there

must be three pints of water and wine; it must not be too strong of the wine.

To make Orange Water.

TAKE the parings of 40 Oranges, if they be very good and large; if not, 50; steep them in a gallon of sack three days; then distil the sack and peels together in an alembick: if you chuse it very strong, distil it in an ordinary rose-water still; put into the bottles it drops in, some white sugar-candy; divide the oranges and sack, and do it twice.

See more of CORDIAL WATERS, &c. under the Article STOMACH, and other like Articles in the Physical Part.

The ART of making all sorts of *English* WINES, MUM, MEAD, METHEGLIN, CYDER, PERRY, &c. and of refining, &c. vitiated or decaying Wines.

IT has been well observed by a certain writer, That the fertility and product of *England* equals that of any nation under heaven, for what conduces to the subsistence, health, and riches of its inhabitants; and is not at this day, after so many proofs and demonstrations, to be questioned. Long since it was styled by foreigners, the Store-house and Granary of *Europe*, and nothing but want of skill and industry can at present hinder us from making those wholesome liquors which equal, if not exceed, what with the hazard of the seas, and to the great exhausting of our treasure and loss to our inland trade, we have for many years fetch'd from abroad to the enriching of our neighbours, who are frequently at the same time either our enemies, or our rivals in trade: And this, tho' it may be truly affirmed, that the liquors produced from our natural growth are not only as pleasant in taste, if rightly made and prepared, as any other; but are far more agreeable to the constitution of *English* bodies; contributing to health and lively vigour; and if not taken in excess, which indeed in all things is hurtful, they lengthen years, and free old-age from those calamities to which adulterated wines, and foreign liquors, make it obnoxious in the pains, aches, and many diseases which their sediments entail, by corrupting the good, or creating bad humours in the body. For this reason we shall present our readers under this head with such receipts as have been generally found on experience to answer all the ends of Health, Pleasure, and Frugality.

To make Wine of Grapes of the growth of England.

WHEN the vines are well grown, so as to bring full clusters, be careful to disencumber them of some part of their leaves, that too much shade the grapes; but not so in the hot season, that the sun may not too swiftly draw away moisture, and wither them: stay not till they are all ripe at once; for then some will be over-ripe, or burst, or incline to rot before the underlings come to perfection; but every two or three days pick off the choice and ripest grapes, and spread them in dry, shady places on sideways, that they contract not a heat and must; and so those that remain on the clusters, having more juice to nourish them, will grow bigger, or be sooner ripe; and when you have got a sufficient quantity, put them into an open vessel, and bruise them well with your hands; or if they be too many for you, gently press them with a flat wooden beater, that is, a thick board fasten'd at the end of a staff. As for treading of them with the feet, though used in other countries, I approve it not, it being a nasty, slovenly way. Take care you break the stones as little as may be, for that will make the wine of a bitterish tang.

Having bruised the Grapes well, so that they are become pulp, or mass, having a tap at the bottom of your cask, tye a hair-cloth over the faucet, and let out that which will run voluntarily of itself, as the best Wine: then take out the pulp, and gently press it by degrees in a cyder-press, till the liquor is sufficiently drained out; then having a new cask well seasoned, and aired with a lighted rag dipp'd in brimstone, till it become dry, pour the liquor in thro' a sieve-funnel, to stop

the dregs, and let it stand only with a pebble-stone lightly laid on the bung-hole, to ferment and refine itself, ten or twelve days; then draw it gently off into another cask well seasoned, that the lees or dregs may remain in the first cask; and stop it no otherways than before, till it has quite passed over its ferment, which you may know by its coolness and pleasant taste: And thus of your ordinary white Grapes you may make a good white sort of Wine; of the red Grapes a Claret; and if it want colour, heighten it with a little brazile, boil'd in about a quart of it, and strained very clear. The white Grapes, if not too ripe, give a good Rhenish taste, and are wonderful cooling; and a sort of Muscadel Grapes growing in many parts of *England*, may by the help of a little loaf-sugar to feed on, be brought to produce a curious sweet Wine, little differing from Canary, and altogether as wholesome and pleasant; so that with small charge, labour and industry, we might well furnish ourselves with what we now are beholden for to strangers, at great expence, hazard of the seas, and a vast deal more toil and labour than this would require.

Another way to make an excellent Wine of Grapes.

TAKE ripe Grapes gather'd in a dry day, and put them into a press made for the purpose, with a fine canvas to contain the Grapes; then press them gently, so as not to break the stones; then strain the liquor well, and let it settle in a cask; then draw off the clear liquor with a siphon into a well-season'd vessel; stop it close for 48 hours; then give it vent by a hole made with a gimblet, in the thickest part of the vessel or cask, and put therein a peg which may be easily moved; then

in two days time stop it close up, and it will be fit for drinking in about a quarter of a year's time, and not fall far short of *French Wine* in goodness. To season your cask or vessel, take scalding-hot water, put it into the vessel, and then dry it with a rag dipp'd in brimstone, and fix it in the cask with the bung or cork.

English Malmsey.

TAKE of *English* galingale and cloves, each a dram; beat them to powder, and infuse them a day and a night in a pint of aqua vitæ, in a wooden vessel kept close cover'd; then put it into good claret, and it will make 12 or 14 gallons of good Malmsey, in five or six days: The drugs may be hung in a bag in the cask.

To make Raisin Wine.

TAKE 300 pounds of Malaga Raisins not pick'd, put them into a hoghead of spring-water; let it stand a fortnight, stirring it twice a day; then press it into a tub, and put to it a piece of bread toasted, and spread with yeast, and let it ferment 24 hours; afterwards put the liquor into a vessel, where it may work 14 days longer; fill it up again as it works over, and when it has done working, stop it close up. You may put 18 gallons of water upon the Raisins for a small wine, and press it out in a week's time: You may bottle it off when it is about 2 months old.

Another Raisin Wine.

TAKE two gallons of spring-water, boil it about half an hour; put it into a stean with 2 pounds of Raisins stoned, as much sugar, the rind of two lemons, and the juice of four lemons; then cover the stean, and let it stand four or five days; afterwards strain it out, and bottle it. It will be fit for

drinking in a fortnight's time, and be a pleasant liquor to quench one's drought in the summer.

Another Raisin Wine.

TO every gallon of cold water put seven pounds of new Raisins of the sun, just as you buy them, without picking, cutting, or bruising; stir them well every day; let them stand as long as the Raisins will rise above the wine; when they fall, draw the liquor off, and press the Raisins: put it up in your cask, and to 12 gallons put a quart of French brandy; let it stand at least six months, but nine or twelve will do much better. Bottle it for use.

To make Strawberry, Raspberry, and Cherry Wine.

MASH your Strawberries or Raspberries, and put them into a linen bag, as you do when you make the Grape-wine, and press them into a cask, and order it in the same manner as the Grape-wine. Thus Cherry-wine may be made: you must break the stones of the Cherries, which is not done in the Grapes.

To make a Wine like Claret.

TAKE six gallons of water, two gallons of cyder, eight pounds of Malaga raisins bruised; put them all together, and let them stand close cover'd in a warm place for a fortnight, stirring it every other day very well; then strain out the liquor into a vessel, and put to it a quart of Barberries, a pint of the juice of Raspberries, and a pint of the juice of Black Cherries; work it up with mustard-seed, cover it with dough three or four days by the fire-side; then let it stand a week, and then bottle it off; and when it becomes neat, it will be like common claret.

To make a Wine almost equal to Sack.

TO every quart of water put a sprig of rue; and to every gallon a handful of fenel-roots; boil them all half an hour; then strain it out, and to every gallon of this liquor put in three pounds of honey; boil it again two hours, scum it well; and when it is cold, pour it off, and tun it into a cask; keep it in the vessel a year, and then bottle it off for drinking.

To make Elder Wine.

PICK half a hundred of Malaga-raifins from the great stalks, and chop them; put to them ten gallons of water; let them stand fourteen days, stirring it two or three times a day; then press it off. To every gallon of this liquor put a pint of Elder-berry juice; afterwards put it into your vessel: it works itself; do not stop it till it has done working, nor bung it close down till it has done hissing. When you tun it up, chop a handful or two coarsely of the great stalks, and throw them in.

To make Curran Wine.

TAKE Currans when they are ripe, bruise and strain them; dilute it with an equal quantity of water boil'd with fine sugar, a pound to each gallon of liquor; dissolve in the liquor half an ounce of isinglass to every four or five gallons of liquor, and there will arise a thick scum; which being taken off, your liquor will be pretty clear; draw it off into a close vessel; it will finish its working, and become quite clear in three weeks or a month's time; then it may be bottled with a lump of loaf-sugar. The longer it is kept, the richer it will be.

To make Gooseberry Wine.

TO every four pounds of Gooseberries put a pound and a quarter of sugar, and a quart of

spring-water; bruise the Gooseberries, and let them stand in the water 24 hours, stirring them often; then press out the liquor into a proper vessel, that it may ferment; and when it has done, stop it up, and let it stand about a month; then rack it into another vessel for five or six weeks longer; after which bottle it off, and put a small lump of sugar into each bottle; cork them well, and then let them stand about a quarter of a year before you drink them.

To make Damascen Wine.

TAKE two pounds and a half of sugar to every gallon of water; boil and scum it for about two hours, and to every gallon of liquor put five pints of stoned Damascens; boil them till it is of a beautiful colour; then strain it through a sieve; let it work in an open vessel four days; pour off the lees, and then put it into the same vessel again, to finish the fermentation, and afterwards stop it close for six or eight months; and then, if it is clear, you may bottle it up. You may keep it a year or two in bottles.

To make Cowslip Wine.

TAKE a quantity of water, and to every gallon put two pounds of sugar; boil it about an hour, then let it cool; make a toast, and spread both sides of it with yeast; but you must, before you put it into the liquor, add to every gallon an ounce and a half of syrup of citron; beat it well in; then put in the toast while it is warm; let it work for two or three days; in the mean time put in your Cowslip-flowers, bruised a little, about a peck, together with two lemons sliced, a pint of white-wine to a gallon; let them stand two days, and afterwards tun it into a sweet cask.

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To make Black-cherry Wine.

TAKE six gallons of spring-water, boil it an hour; then take 24 pounds of Black-cherries bruised; take care not to break the stones; pour the boiling water upon the Cherries, and stir them well together; and after they have stood 24 hours, strain it, and to every gallon put two pounds of sugar; mix it well, and let it stand a day longer; then pour off the clear into a vessel, and keep it close stoppt; when it is very fine, bottle it off for drinking.

To make Sage Wine.

TAKE six gallons of water, boil it a quarter of an hour; then let it cool till it is blood-warm, and put 25 pounds of Malaga raisins picked and rubbed clean; shred them into the water, together with half a bushel of Red Sage shred, and a pint of ale-yest; stir them all well together; let them stand covered in a warm place six or seven days; stir it once a day; then strain it into a cask, and after it has work'd three or four days, stop it close up, and let it stand about a week longer; then put in it two quarts of Malaga wine; and when it is fine, bottle it.

To make Wine of Quinces.

TAKE Quinces, clean them with a coarse cloth, and grate them with a grater; press them through a linen strainer, and afterwards through a flannel: to every gallon of liquor put two pounds of refined sugar; and when the sugar is melted, pour it off as often as there is a settlement at the bottom; continue doing thus 24 hours; and when it is fine, put it into a cask; let it remain a week unstoppt; then stop it up close for six months; then, if it is fine, you may bottle it; but if not, you must draw it into another vessel, and stop it up again.

To restore Prick'd Wines.

TAKE the Wine down to the lees in another cask, where the lees of good Wine are fresh; then take a pint of strong *aqua vita*; scrape half a pound of yellow bees wax into it, and by heating the spirit, melt the wax over a gentle fire; then dip in it a cloth, and set it on fire with a brimstone match; put it flaming in at the bung, and stop the cask close.

To restore Wine decay'd by too much vent or souring.

STIR and ferment it well with a flat-ended stick, till you have removed it in all parts, and made it ferment, but touch not the lees; then pour in a pint of *aqua vita*, and stop it up close, and at the end of ten days it will be tolerably restored. Wine that is decay'd by too much vent, may be recovered by putting burning-hot crusts of bread into it.

To cure musty Wine, or that which tastes of the cask.

RACK it off upon lees of rich Wine of the same sort; then put into a bag four ounces of the powder of lenerel-berries, and two ounces of the filings of steel; let it hang by a string to the middle of the Wine, and so by degrees lower it as you draw it off.

To hinder Wine from turning.

PUT a pound of lead, that has been melted into fair water, into your cask, pretty warm, and stop it close.

To take away the ill scent of Wine.

BAKE thoroughly a long roller of dough stuck well with cloves, and hang it in your cask, and it will draw the ill scent from the Wine, to itself.

To remedy a bitter or sour Scent.

TAKE half a peck of barley, and boil it in two quarts of water, till

Fill one half of the water be wasted; strain it, and when well settled, pour it into the wine-cask, stirring it well, without touching the lees.

To keep Wine from souring.

BOIL a gallon of Wine with some beaten oyster-shells and crab's-claws calcin'd; strain out the liquid part, and when it is cool, put it into the Wine of the same sort, and it will give it a pleasant lively taste. A stone of unslak'd lime will keep Wine from turning.

To sweeten Wine.

FILL it upon the lees; put a handful of the flowers of clary, and infuse in it, and add a pound of mustard-seed dry ground, which in a bag must be sunk to the bottom of the cask.

To make Wine settle well.

TAKE a pint of wheat, and boil it till it burst in a quart of water, and become very soft; then squeeze it through a new linen cloth, and put a pint of the liquid part into a hoghead of unsettled white-wine, and it will fine it.

To make Claret rough.

PUT a quart of Claret to two quarts of sloes; bake them in a gentle oven, till they have stew'd out a great part of their moisture; then pour off what is liquid, and squeeze out the rest; and half a pint of this will rough ten gallons.

To recover the lost colour of white or Rhenish Wine.

RACK the Wine from the lees, and if the colour of the Wine be faint and tawny, put in coniac-lees, and pour the Wine upon them, rolling and jumbling them together a considerable time in the cask; and in ten or twelve days rack off the Wine, and it will be of a proper colour, and drink brisk and fine.

To help Wine that is lowering or decaying.

TAKE roch-alum powder'd, an ounce; draw out four gallons of the Wine, and strew the powder in it; beat it well for the space of half an hour; then fill up the cask, and set it on broach, being careful to let it take vent; so that by this means in three or four days you will find it a curious brisk Wine.

How to rack Wine.

THIS is done with such instruments as are useful and appropriated to the manner of doing it, and cannot be so well described by words, as by seeing it done; however, this observe in doing it: Let it be when the wind sets full north, and the weather is temperate and clear, that the air may the better agree with the constitution of the Wine, and make it take more kindly; as it is moreover most proper to be done in the increase of the Moon, when she is under the earth, and not in full height, &c.

To make Wines scent well, and give them a curious flavour.

TAKE powder of sulphur, two ounces; half an ounce of calamus; incorporate them well together, and put them into a pint and half of borage-water; let them steep in it a considerable time, and then drawing off the water, melt the sulphur and calamus in an iron pan, and dip in it as many rags as will soak it up; which put into the cask; then rack your wine, and put in a pint of rose-water, and stopping the hoghead, roll it up and down half an hour; after which let it continue still two days; and by so ordering any Gascoign or Red-wine, it will have a pleasant scent and gust.

To mend Wines that rope.

WHEN you have set your cask abroach, place a coarse linen cloth before the bore; then put in the linen, and rack it in a dry cask; add then five or six ounces of the powder of alum; then roll and jumble them sufficiently together; and upon settling, it will be fined down, and prove a very clear, pleasant wine, both in taste and scent.

To mend White or Rhenish Wines.

IF these Wines have an unpleasant taste, your best way is speedily to draw either of them half off, and to either of the halves put two gallons of new milk, an handful of bay-salt, and as much rice; mix and beat them well together, for half an hour, with a staff or paddler; then fill up the cask, and when you have well rolled it, turn it over in the lees; and two or three days after you may broach it, and it will drink very fine and brisk.

Another Way to mend the Colour of White-wines, &c.

TAKE a gallon, or more, of morning's milk, put it into the cask, and mix it well by rolling; then when you perceive it is well settled, put in three or four ounces of isinglass, and about a quarter of a pound of loaf sugar, fine scraped; and then fill up the hoghead, or other cask, and roll it four or five times over, and this will bring it to a colour and fineness.

To meliorate, or better, vitiated Wine.

LET your Wine, in this case, be what it will; take a pint of clarified honey, a pint of water, wherein raisins of the sun have been well steeped; three quarters of a pint of good white-wine, or claret, according as the colour of your wine is; let them simmer, and boil a little over a gentle fire, to the consum-

ption of a third part, taking off the scum as fast as it rises; put it very hot into the vitiated wine, and let it stand, the bung-hole being open; then, in a linen-rag, put a little bruised mace, nutmeg, and cloves, and hang the bag in the wine, by a string, for three or four days; and so either new or old wine will not only be fined, but much bettered; for by this means they are restored from their foulness and decay, and yield a good scent and taste: You may, to perfect this work the more, when you take out the spice, hang in a small bag of white mustard-seed, a little bruised, and the work is done.

To make Ice in summer, for cooling Wines, &c.

TO make Ice, take a stone bottle, that will hold about three quarts of water, put into it two ounces of refined salt-petre, half an ounce of Florence orrisse, and fill it with water boiling hot; stop it close, and immediately let it down into a well; let it remain there three or four hours, and when you break the bottle, you will find it full of hard Ice; or for want of this opportunity, dissolve a pound of nitre in a bucket of water, and it will cool your bottles exceedingly.

An excellent way to make and order Cyder.

TAKE red-streaks, pippins, pear-mains, rennettings, golden-pippins, &c. when they are so ripe, that upon shaking the tree they will fall with tolerable ease; bruise or grind them very small, and when they are come to a mash, put them into a hair-bag, and squeeze them by degrees, not over-hastily; then put up the liquor, well strained through a fine hair-sieve, into a cask well seasoned, and aired with a lighted rag dipp'd in brimstone; then

then mash the pressings with a little warm water, and add a fourth part of it, when pressed out, to the Cyder; and to make it work kindly heat a little honey, three whites of eggs, and a little flour together; put them into a fine rag, and hang them by a string to the middle of the cyder-cask; then put in pretty warm, about a pint of new ale-yest; let it work, and well purge itself from dross, five or six days; then draw it off from the lees, into smaller casks, or into bottles, as your occasion serves; if the latter, leave an inch vacant from the cork, lest the bottles fly or break; and if any such danger appears, which you may perceive by the singing of the air through the porous parts of the corks, then it will be requisite to open them, to let out the fermented air. In winter cover the casks or bottles warm, for fear of freezing or chilling; but in summer place them as cool as you can, lest the heat make it ferment, so that it taint, become musty, grow thick or ropery; and that it may the better feed, and keep its body, put little lumps of loaf sugar into it.

Summer Cyder, for present spending.

TAKE codlins, or other juicy summer-apples, not too sweet; or if they be, allay them with those that are sharper; gather them not too ripe, but when they begin to turn; and lay them to sweat in hay or straw, for two or three days; then quarter them, and take out the cores and kernels; then bruise and press them as the former; boil some sliced codlins, and sliced quinces, in fair water, with a few tops of rosemary, and blades of mace; and mash this water with the pressings of the apples; press it out as before, and mix a fourth part with the Cyder; put it up, and

add two quarts of white or rhenish wine to every 12 gallons; purge it as the former; draw it off when settled, and keep it cool for present spending, for it will not keep longer than *September*. Some think the Cyder will be better if the apples are not cored.

Another Receipt to make good Cyder.

TAKE pippins or pearmaines, or harveys, before they are too ripe, and let them lie a day or two in order to sweat; grind them, and press out the juice, and put it presently into a hoghead, leaving it room to work; let it have no vent except a little hole near the hoops; put in three or four pounds of raisins, and two pounds of sugar, to make it work the better; rack it often, in order to fine it, into small vessels, close stoppt, except a small hole as before: If it works after it is racked off, put into the vessel a few raisins for it to feed on, and bottle it off about *March*. N. B. You must never mix summer and winter fruit together. But if you would have your Cyder stronger than the common method of making it, put your apples into a lever-press, and squeeze them gently, and but little, and then let it work as before.

To make Perry.

TAKE pears that have a vinous juice, such as the goosberry-pear, horse-pear, both the red and white; the john, the choke-pears, and other pears of like kind; take the reddest of the sort; let them be ripe, but not too ripe, and grind them as you do your apples when you make cyder, and work it off in the same manner; if your pears are of a sweet taste, mix a few crabs with them.

To make Mum.

TAKE a hoghead of water, boil away about a third part, and brew

brew therewith seven bushels of wheat-meal, one bushel of oatmeal, and one bushel of ground beans; run it, but do not fill the vessel too full at first; as soon as it begins to work, put therein of the inner rind of firr three pounds, tops of firr and birch one pound, *carduus benedictus* three handfuls, flowers of rosa solis one handful and a half, alder-flowers two large handfuls, cardamum-seeds bruised three ounces, barberries bruised one ounce: Let the liquor work over the vessel as little as may be; then fill it up, and stop it; having first put into it ten new-laid eggs, not broken or crack'd; stop it close, and drink it when it is two years old.

To make Mead.

TAKE six gallons of water, put in the whites of three eggs, mix them well together; then add ten pounds of the best honey; boil them together about an hour, and then put in cinamon, cloves, mace, and a sprig of rosemary: When it is cool, put in a spoonful of yest, and put it in a barrel, and as it works over, keep filling the vessel; when it has done working, stop it up close; and when it is well settled down, bottle it for drinking.

To make Metheglin.

TAKE spring-water, as much as you please, make it so strong with honey as it will bear an egg; boil it very well, till a good part be wasted; and whilst it boils, put in a good quantity of whole spice, rosemary, balm, and other cordial and agreeable herbs; when it is well boil'd, let it cool, having strain'd it from the herbs and spice; when it is almost cold, put in a little yest; and when it is cold, put it into a vessel, with the spice that was boil'd therein; let it stand a few days, then bottle it up.

To make Shrub.

TAKE brandy two quarts, the juice of five lemons, and the peels of two lemons, half a nutmeg; mix them together in a large bottle, stopt close, and let them stand three days; then put in three pints of white-wine, a pound and a half of sugar; mix and strain it twice through a flannel, and bottle it up for use.

To make Apricot-wine.

STONE the apricots; slice them into a large stone jug; put to them so much water as may taste strong of them; when 'tis boil'd, set them in a skillet of water; and when you think the boiling water strong enough of the apricots, pour off all the clear; then you may put in more water to the same apricots, and boil it as before; afterwards take, for every three pints of clear liquor, a pound of loaf-sugar; put it to the liquor, and let it boil about a quarter of an hour, scumming it clear; then set it to cool, and when 'tis cool, put it into a runlet; let it stand two months; after which draw it off into bottles, and stop them well: it will not be ready to drink till half a year; the longer 'tis kept, the stronger and better it will be.

Cowslip-wine.

BOIL eight gallons of water, and twelve pounds of sugar, an hour together, and scum them; then take them from the fire, pour into the liquor one strike of cowslips, well pick'd, only the tops; and let them stand till lukewarm; afterwards put in the juice of twelve or fourteen lemons with some peel to lie in, while it stands cover'd with a cloth, which must be four days; then strain off the clear, wring close the cowslips, and mix it all together: after which let it stand twenty-one

ty-one days in a great glass bottle: when 'tis clear, bottle it out, and keep it for use.

Another for the same.

TAKE four gallons of spring-water, and put to it six pounds of good sugar; boil near an hour, keeping it scumming clean; then pour it hot on three pecks and an half of good cut cowslips; let it stand till it is a little more than milk-warm; afterwards put in the peels of four fresh lemons, with the juice of six, if not large; let it stand two or three nights and days: run it thro' a hair-sieve.

To make Mead.

TAKE to each gallon of water a pound and an half of honey; boil it with a handful of sweet-marjoram, sweet-briar, and bay-leaves, with a sprig of rosemary, a few nutmegs quarter'd, mace, cloves, cinnamon tied in a bit of thin cloth, that

you do not scum them off; let it boil a full hour, and keep it scumming all the time the scum rises: when boil'd, put it in a pail, or other wooden vessel proportionable, and work it with about a spoonful of barm or yeast to each gallon: put to it when 'tis just lukewarm, and tun it when it works over; and when you perceive it fine, bottle it off; but if it do not fine in a week's time, rack it, and let it stand three or four days longer.

To make Orange-brandy.

STEEP some orange or lemon-rind cut thin, in a quart of brandy: boil a quart of water, into which put three quarters of a pound of sugar, and let it boil a little: when it is cold, mix it together, and bottle it up.

See the Article intituled, *The Frugal Housewife's Directory.*

The Complete FAMILY BREWER.

OUR work would seem to be imperfect, as an *Universal Family Directory*, if we were to omit the article of BREWING. We shall therefore give such directions on this head, as may be necessary to be observed in all private families. And first we shall instruct our Readers,

How to chuse good Malt.

MALT is chosen by its sweet smell, mellow taste, full of flower, round body, and thin skin. There are two sorts in general use, the pale, and the brown; the former is most used in gentlemens houses, and private families; the latter in publick brew-houses, as seeming to go further, and make the liquor higher colour'd: Others again mix one third brown with two thirds pale; but this depends upon the liking of the drinkers. The sweetest Malt is that which is dry'd with cork or cinders.

In grinding it, see that the mill be clean from dust, cobwebs, &c. and set so as to crush every grain, without grinding it to powder; for you had better have some small grains slip through untouch'd, than have the whole be ground too small, which will cause it to cake together so as you cannot get the goodness out.

Of Hops.

HOPS are chosen by their bright green colour, sweet smell, and clamminess, when rubb'd between the hands.

of

Of Water for brewing.

WATER out of rivers or rivulets is the best, except polluted by the melting of snow, or land water from clay or plowed lands. Snow-water will take near one fifth part more of malt to make the beer good. If you have not river-water, a pond that has a bottom not over-muddy, and is fed by a spring, will do; for the sun will soften and rarefy it. Very hard Water drawn from a deep well into a wide cistern or reservoir, and exposed to the air and sun, in two or three days has been brewed with success by a little addition of malt. Rain-water comes next to river for brewing. In short, all Water that will raise a lather with soap, is good for brewing.

Of the Brewing Vessels.

TO a copper that holds 36 gallons, the mash-tun ought to be at least big enough to contain six bushels of malt, and the copper of liquor, and room for meshing or stirring it: The under-back, coolers and working-tuns, may be rather fitted to the conveniency of the room, than to a particular size; for if one vessel be not sufficient to hold your liquor, you may take a second.

Of cleaning and sweetening Cask and Brewing Vessels.

IF a cask, after the beer is drank out, be well stoppt to keep out air, and the lees remaining in it till you want to use it again, you will need only to scald it well, and take care of the hoops before you fill it; but if air gets into a foul empty cask, it will contract an ill scent in spite of scalding. A handful of bruised pepper, boil'd in the water you scald with, will take out a little musty smell; but the surest way is to take out the head of the

cask, and let the cooper shave and burn it a little, and then scald it for use; if you cannot conveniently have a cooper to the cask, get some stone-lime, and put about three pounds into a barrel, (and proportionally to bigger or lesser vessels) and put to it about six gallons of cold water; and bung it up, and shake it about for some time, and afterwards scald it well: or, for want of lime, take a linen rag, and dip it in melted brimstone, and fasten one end to the bung, and light the other, and let it hang in the cask. You must give it a little air, else it will not burn; but keep in as much of the sulphur as you can. Scald it afterwards, and you will find no ill smell.

If you have new casks, before you fill them, dig places in the earth, and lay them half their depth, with their bung-holes downward, for a week; and after well scalding them, you may venture to fill them.

Another way to proceed, if your Brewing Vessels are tinged with any ill smell, is to take unslack'd lime and water, and with an old broom scrub the vessel whilst the water is hissing, with the lime; and afterwards take all this lime and water away, and put fresh water into the vessels, and throw some bay or common salt into each, and let it stand a day or two; and when you come to brew, scald your vessels, throw into them a little malt-dust or bran; and this will not only finish their sweetening, but stop them from leaking.

But since there is so much trouble in getting vessels sweet after they have been neglected, you ought to make all thorough clean after brewing, and once a month to fill your Vessels with fair water, and let it off again in two or three days.

Of

Of Mashing or Taking your Liquors.

SUPPOSE you take six bushels of malt, and two pounds of hops, and would make of it one barrel of strong, and two barrels of small-beer. Heat your first copper of liquor for mashing, and strew over it a double handful of bran or malt; by which you will see when it begins to boil; for it will break and curl, and then it is fit to be let off into the mash-tun, where it must remain till the steam is spent, and you can see your face in it, before you put in your malt; and then you begin to mash, stirring it all the while you are putting in the malt: but keep out about half a bushel dry, which you are to strew over the rest, when you have done stirring it, which will be as soon as you have well mix'd it with the liquor, and prevented it from clodding. After the dry malt is laid on, cover your mash-tun with the malt-sacks or cloths, to prevent losing any spirit of the malt, and let it so remain for two hours. Mean while have another copper of liquor hot; and at two hours end begin to let off your first wort into the under-back. Receive a pail-full of the first running, and throw it again upon the malt. You will find that the malt has suck'd up half of your first copper of liquor; and therefore to make up your quantity of wort for the strong beer, you must gradually lade out of the second copper, and strew bowl after bowl over the malt, giving it time to soak through, and keeping it running by an easy stream, till you perceive you have about forty gallons, which in boiling and working will be reduced to thirty-six.

If you throw into the under-back (whilst you are letting off) about half a pound of hops, it will

preserve it from foxing, or growing sour or ropy.

Your first wort being all run off, you must fasten the tap of the mash-tun; and take the copper of hot liquor for your second mashing, stirring up the malt as you did at first, and then cover it close for two hours more. Mean while you fill your copper with the first wort, and boil it with the remainder of the two pounds of hops, (or what quantity you like) for an hour and half, and then lade it off into the coolers.

Contrive to receive the hops in a sieve, basket, or thin woollen bag that is sweet and clean; then immediately fill your copper with cold liquor; renew your fire under it, and begin to let off your second wort, and throw a handful of hops into the under-back, for the same reason as before: you will want to lade a few bowls-full of liquor over the malt to make up the copper full of the second wort; and when you have enough, fasten the tap, and mash a third time after the same manner, and cover it close for another two hours; and then charge your copper with the second wort, boiling it for an hour with the same hops.

By this time you may shift your first wort out of the coolers into a working-tun, to make room for the second wort to come into the coolers; and then your copper being empty, you may heat as much liquor as will serve you to lade over the malt, or by this time, rather grains, to make up your third and last copper of wort, which must be boiled with the same hops over again; and then your coolers are discharged of your second wort, to make room for the third; and when they are both of a proper coolness, they

they may be put together before you set them a-working, unless you have a mind to keep and work them separate, and call the second wort *Ale*.

If you would extract almost all the goodness of the malt in the first wort, by way of making *October Beer*, you must begin to let off soon after you have mash'd, (by a small stream) and throw it upon the malt again, pail after pail, for an hour, stirring it frequently in the mean time, and then let it all run off, and put it all over again, and let off by a very small stream. But when you have your quantity for strong beer, you must proceed in your second mashing in the same manner as before.

During the time of shifting your liquors out of the copper, 'tis of consequence to take care to preserve it from receiving damage by burning: you should always contrive to have the fire low, or else to damp it at the time of emptying, and be very expeditious to put in fresh liquor.

Of Working the Liquor.

IN this, regard must be had to the weather; liquor naturally grows warm in working; therefore in mild weather it should be cold before it be set on, but a little warm in cold weather. The manner of doing it is, to put some good sweet yeast into a hand-bowl or piggin, with a little warm wort; then put the hand-bowl to swim upon the wort in the working-tun, and in a little while it will work out, and leisurely mix with the wort; and when you find the yeast has gotten hold of the wort, you must look after it frequently; and if you perceive it begins to heat and ferment too fast, lade some of it out into another tub; and when grown cold, it may

be put back again; or if you reserved some of the raw wort, you may check it leisurely by stirring it in with a hand-bowl. The cooler you work your liquor, the better, provided it does but work well.

If you happen to check it too much, you may forward its working, by filling a gallon stone bottle with boiling water; cork it close, and put the bottle into the Working-tun. An ounce or two of powder'd ginger will have the same effect.

There are variety of methods in managing liquors whilst they are working. In the North they beat in the yeast of strong beer and ale once in two or three hours, for two or three days together. This they reckon makes the drink more heady, but withal hardens it so as to be drinkable in a few days; the last day of beating it in, (stirring the yeast and beer together) the yeast, as it rises, will thicken; and then they take off part of the yeast, and beat in the rest, which they repeat as often as it rises thick; and when it has near done working, they tun it up so as it may but just work out of the barrel. Others again do not beat it in at all, but let their strongest drink work about two days, or till they see the ferment is over; and then they take off the top-yeast; and either, by a tap near the bottom, let it off fine, or else lade it out gently, to leave the sediment and yeast at the bottom. This way is proper for liquor that is to be drank soon; but if it be to keep, it will want the sediment to feed on, and may probably grow stale, unless you make artificial lees. This you may make of a quart of brandy, and as much flour of wheat or beans as will make it into dough. Put them in lumps into the

the bung-hole, as soon as it has done working; or else take a pound of the powder of oyster-shells, or of fat chalk, and mix it with a pound of treacle or honey, and put it in soon after it has done working.

It would add to the goodness, as well as fining of your malt-liquor, if you took two quarts of wheat or beans, and made them very dry and crisp in an oven, or before the fire, and boiled them in your first copper of wort. They would strain off with your hops, and might be put with them into the second copper.

Of the Fining of Malt Liquors.

'TIS most desirable to have Beer fine of itself, which it seldom fails to be in due time, if rightly brewed and worked: But as disappointments sometimes happen, 'twill be necessary to know what to do in such cases.

Ivory shavings boiled in your wort, or hartshorn shavings put into your cask just before you bung it down, will do much towards fining and keeping your liquor from growing stale.

Ifinglass is the most common thing made use of in fining all sorts of liquors; they first beat it well with a hammer or mallet, and lay it in a pail; and then draw off about two gallons of the liquor to be fined upon it, and let it soak two or three days; and when it is soft enough to mix with the liquor, they take a whisk, and stir it about till it is all of a ferment, and white froth; and they frequently add the whites and shells of a dozen eggs, which they beat in with it, and put all together into the cask: Then with a clean mopstick, or some such thing, stir the whole together; and then lay a cloth or piece of paper over the bung-hole, till the

ferment is over; and then bung it up close, and in a few days it will fall fine.

But if you want to fine only a small quantity of liquor, take half an ounce of unslak'd lime, and put it into a pint of water, and stir them well together, and let it stand three or four hours, or till the lime settle to the bottom; then pour off the water clear, and throw away the sediment; then take half an ounce of ifinglass cut small, and boil it in the lime-water till it dissolves; then let it cool, and pour it into your vessel, &c.

Of recovering and preserving Malt-Liquors.

STormy weather, but especially thunder, will greatly affect your Beer, and often ferments it, though brewed six months before. Iron hoops, or iron laid upon the vessels, are supposed to have a preserving influence from thunder. In such weather you should examine your cellar, and draw your vent-pegs; and where you perceive it upon the fret, draw out the bung, and let it remain some days till you are sure it is quiet. 'Tis a fault to be too hasty in bunting up liquor; it had better be a week too long out, than stopt an hour too soon. Were it not for preserving the colour of your liquor, some cherry-brandy thrown into the bung-hole would stop it from fretting.

If your strong Beer grows flat, you may quicken it by drawing off one gallon out of every ten gallons, and boil it with as many pounds of honey as you boil gallons; and when it is cold, put it to the rest, and stop it close.

A spoonful of the juice of the herb horehound strained to a pitcher of stale Beer, (and cover it close for
two

two hours) will make it drink like new.

Or if you would bottle Beer that is stale and flat, you should contrive to do it at a time when you have liquor working in your tun; and leave room in every bottle to hold the quantity of a coffee-cup, and fill them up with new drink out of the tun, and cork them, and in three days it will be very brisk, and drink pleasant; but you must not propose to keep it long, for it will burst the bottles.

Of the Season for Brewing.

THE Season for brewing keeping-beer, is certainly best before *Christmas*; for then your malt is in perfection, not having had time to contract either a musty smell, dust, or weavels, (an insect that eats out the heart of the malt) and the waters are then seldom mix'd with snow; and then four pounds of hops will go as far as five pounds in the spring of the year; for you must increase in the quantity of hops as you draw towards summer. But, in short, chuse moderate weather as much as you can for brewing; and if you have a kindly cellar besides to keep your liquor in, that will not be much affected by extremity of cold or heat, you may reasonably expect great satisfaction in your Brewery.

Avoid as much as possible brewing in hot weather; but if you are necessitated to brew, make no more than for present drinking, for it will not keep.

To brew Strong Beer.

TO a barrel of Beer take two bushels of malt, and half a bushel of wheat just crack'd in the mill, and some of the flour sifted out of it; when your water is scalding-hot, put it into your mash-

ing-vat; there let it stand till you can see your face in it; then put your malt upon it; then put your wheat upon that, and do not stir it; let it stand two hours and a half; then let it run into a tub that has two pounds of hops in it, and a handful of rosemary-flowers; and when it is all run, put it into your copper, and boil it two hours; then strain it off, setting it a cooling very thin, and set it a working very cool; clear it very well before you put it a working; put a little yeast to it; when the yeast begins to fall, put it into your vessel; and when it has done working in the vessel, put in a pint of whole wheat, and six eggs; then stop it up: Let it stand a year, and then bottle it.

A good Table-Beer may be made by mashing again, after the preceding is drawn off; then let it stand two hours, and let that run, and mash again, and stir it as before; be sure you cover your mashing-vat very well; mix the first and second running together.

To make China Ale.

TO six gallons of Ale take a quarter of a pound or more of China-root, thin sliced; and a quarter of a pound of coriander-seeds bruised; hang these in a tiffany, or coarse linen bag, in the vessel, till it has done working; and let it stand fourteen days before you bottle it; though the common sort, vended about town, is nothing more (at best) than ten shilling beer, put up in small stone-bottles, with a little spice, lemon-peel, and raisins, or sugar.

To make Alderberry-Beer, or Ebulum.

TAKE a hoghead of the first and strongest wort, and boil in the same one bushel of pick'd Alder-berries.

berries, full ripe; strain off, and when cold, work the liquor in the hogthead, and not in an open tun, or tub; and after it has lain in the cask about a year, bottle it; and it will be a most rich drink, which they call *Ebulum*; and has been often preferr'd to Port wine, for its pleasant taste, and healthful quality. N. B. There is no occasion for the use of sugar in this operation; because the wort has strength and sweetness enough in itself to answer that end; but there should be an infusion of hops added to the liquor, by way of preservation and relish. Some likewise hang a small bag of bruised spices in the vessel. You may make a white *Ebulum* with pale malt, and white Alder-berries.

To make improved, and excellently wholesome Purl.

TAKE Roman-wormwood two dozen; gentian-root six pounds; calamus aromaticus (or the sweet flag-root) two pounds; snake-root one pound; a pound or two of galingale-roots; horse-radish one bunch; orange-peel dried, and juniper-berries, each two pounds; seeds or kernels of Seville-oranges clean'd and dry'd, two pounds: These being cut and bruised, put them into a clean butt, and start your mild brown, or pale beer upon them, so as to fill up the vessel, about the beginning of November, and let it stand till the next season; and make it thus annually.

To make a Quarter of a Hogthead of Ale, and a Hogthead of Beer of coked Malt.

TAKE five strike of malt not ground too small; put in some boiling water to cover the bottom of your mashing-vat, before you put in your malt; mash it with more boiling water, putting in your malt at several times, that it may be sure

to be all wet alike; cover it with a peck of wheat-bran; then let it stand thus mashed four hours; then draw off three gallons of wort, and pour it upon that you have mashed; so let it stand half an hour or more, till it runs clear; then draw off all that will run, and take two quarts of it to begin to work up with the barm, which must be about a pint and an half; put in the two quarts of wort at three times to the barm: you need not stir till you begin to put in the boiled wort: you will not have enough to fill your vessel at first; wherefore you must pour on more boiling water, immediately after the other has done running, till you have enough to fill a quarter of a hogthead; and then pour on water for a hogthead of beer: as soon as the ale-wort is run off, put about a third part into the boiler: when it boils up, take off the scum, which you may put upon the grains for the small-beer: when 'tis scummed, put in a pound and an half of hops, having first sifted out the seeds; then put in all the wort, and let it boil two hours and an half; afterwards strain it into two coolers, and let it stand to cool and settle; then put it up, by a little at a time, to the barm, and two quarts of wort, and beat it well together: every time you put the wort in, be sure to keep the settling out. Suppose you brew early on Thursday morning, you may tun it at nine or ten on Saturday morning. Do not fill your vessel quite full, but keep about three gallons to put in, when it has work'd twenty-four hours, which will make it work again. As soon as it hath done working, stop it up; put the drink as cool as you can together: thus it will work well.

See the Article intituled the FRUGAL HOUSEWIFE'S DIRECTORY.

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C O S.

C O S M E T I C K S.

THE word is derived from the *Greek*, and signifies any compositions that may be used for whitening and softening the skin, or which, in general, tend to promote beauty. As we are persuaded, that natural beauty is far preferable to that which is aimed at by art, we shall be very short in this article, and insert only such directions under this head, as are innocent, wholesome, and laudable in themselves.

A good Pomatum for beautifying.

TAKE the fat of a bacon-hog unsalted, stick it full of oats, roast it by a slow fire, that it may drip away; put to the dripping some oil of sweet-almonds, and two or three drops of the chymical oil of cinamon; mix them well together, and put them up for use.

A Lip-salve.

TAKE virgins-wax, and an equal quantity of fresh butter, melted in rose-water; so let it stand till cold, and keep it for use.

To fasten Teeth, and keep them clean from Rheum, &c.

TAKE water or wine, wherein the leaves of damascen-trees, or the rind of the roots thereof, have been sodden, and frequently wash the mouth with it.

To make Wash-balls.

TAKE of the finest white soap four pounds, and cut it fine; sanders two ounces, cloves two ounces, benjamin one ounce, musk 20 grains; mix with rose-water, and a little oil of spike, and make into balls.

For Spots in the Face.

PUT a lemon to the fire, and the liquor which will sweat out of it, clears the face from redness and spots.

For a pimply Face.

TAKE of rose-water, finely beaten brimstone, copperas burnt and beaten to fine powder, and starch,

a like quantity; put all these together in a glass, close stopp'd; and shake the glass when you use it; wipe your face with it on a fine linen cloth.

To mend the Complexion.

TAKE bean-blossoms, red roses, wild tansey, honeysuckles; bray them a little with the whites of eggs, and wash the face and hands therewith.

Rosemary-blossoms, boiled in white-wine, is also a beautifier of the skin; and if drank, sweetens the breath.

Marrow of swines feet and rose-water, mingled with cows milk, and anointing the face with it lukewarm, is deemed a great clearer of the skin.

To make Hair grow.

TAKE willow-leaves seeth'd in oil, and anoint the bald place with the juice.

Juice of agrimony, temper'd with goats milk, is a good ointment for the same purpose.

Another.

TAKE the tender tops of hemp, just appearing above-ground, steep them 24 hours in water, and mix the water with fern-ashes; then wash the place with the water warmed, and it will produce hair very speedily, if the place be natural to it, and it be not lost by extreme old age.

For

For the Morpew.

TAKE new milk, the crums of white bread, red-rose-leaves caked, and a lemon or two shred; steep them all together, and distil them in an alembick.

Take the juice of celandine, and mingle it with the powder of brimstone, and apply it cold.

For a Ring-worm, Tetters, or red Pimples in the Face.

TAKE a forrel-root, wash it, scrape and slice it, and lay it all night in vinegar; and wash often with it. The longer it continues in the vinegar, the more efficacious.

Against the Pitting of the Small-pox.

WHEN the Small-pox begin to die away, take half a pint of malmsey, and a proportionable quantity of sperma-ceti, and set it on the coals till melted, and bathe the face warm with it, repeating it often as it dries in.

An ounce of peach-kernels bruised and beaten to powder, the juice of plantane and houseleek, of each half an ounce, and a drachm and half of ceruse, made into an ointment, will also take away heat and blisters, and bladders in the Small-pox, if taken in time.

To take away the Spots of the Small-pox.

TAKE an ounce of olive-oil, half an ounce of Venice-turpentine, half an ounce of sperma-ceti; melt them together, and when beginning to boil, take it off the fire, and let it cool; rub therewith the black spots, and continue till the holes be filled.

Ointment for a Ring-worm.

TAKE popilion and ceruse mix'd together, and anoint the place. Mustard and honey, anointing for three days, is also a good remedy.

The leaves and juice of tobacco are well recommended for this purpose.

If the Ring-worm be very rank, powder of brimstone temper'd well with vinegar, and rubbed upon the Ring-worm, is also deem'd a good thing.

Half a pint of river-water, with a quantity of tobacco-leaves, boiled to a quarter of a pint, is also a good thing for this purpose.

A Wash for the Teeth.

TAKE a quart of claret, and put into it an ounce of Hungary-water, an ounce of bole-armoniack, half an ounce of myrrh, a drachm of alum, ten grains of salt of vitriol, and two ounces of honey of roses; let these stand in a warm sun, or near the fire, for three days, and then set it by to settle, and pour a spoonful of it into a tea-cup of water, and wash your teeth with it every day, which will preserve them sound, and keep them white.

To make the Hair grow thick.

TAKE hazel-bark, southern-wood, myrtle-berries, rosemary, and maidenhair, of each two ounces; burn these to ashes, on a clean hearth, or in an oven, and put the ashes into white-wine, to make a strong lye, and wash the hair daily with it at the root, keeping it pretty short cut, which will be more effectual than bears-grease, or any sort of pomatum.

To take away Freckles.

TAKE alder-flower-water, or bean-flower water, of either four spoonfuls, and add to it a spoonful of new-drawn oil of tartar; mix, and often use it, letting it dry on the face.

An Ointment good for Pushees, Pimples, &c. in the Face.

TAKE white ointment half an ounce; camphire (ground with a few drops of oil of almonds), flower of sulphur, each 24 grains; flower of benjamin 12 grains; queen of Hungary's water, 40 drops; oil of rhodium, 8 drops; oil of cloves, 4 drops: make an ointment.

A beautifying Ointment, good also against the Redness left by the Small-pox.

TAKE oil of sweet almonds, two ounces; sperma-ceti, 3 drams; magistery of bismuth, one dram: mix.

Sweet Bags to put among Linen.

ORrice and marjoram, four ounces; labdanum, two ounces and a half; roses in powder, four ounces and a half; fustis, white sanders, sprigal, cypress, benjamin, calamus aromat. each two ounces; musk, civet, or ambergris, each one dram.

A Powder for the same.

ORrice, cloves, storax, calamint, calamus, benjamin, cypress, white sanders, lavender, basil, marjoram, beaten into powder, and mixed, about a pound all together; mingle with dry'd rose-leaves, and put into your bags.

To make Hair grow thick or long, or to stay it from falling off.

TAKE cuphorbium-powder, axungia, or bear's-grease, what quantity you please; gum cistus thapsia, the spear-shisal, grape-leaves, maidenhair, walnut-tree-leaves, wild hops, mallows, pellitory of the wall, yarrow, mustard-seeds or leaves, some of the leaves of the pliant mealy-tree, the nuts of the cypress-tree: put to these two quarts of sack, and two quarts of rain-water, and one pound of honey; put it into a still, still it, and use the water

as you shall see cause; which will make the hair come where it is fallen off, and thicken and make it long. You must have a quart of the juice of the thistle, a good quantity of bawm, and also rose-buds: still them all together.

Dr. Spence's Receipt to make Oil of Tartar for Freckles, &c.

TAKE of white argol or tartar, half a pound; and as much of salt-petre beaten to very fine powder; then fire it upon a polish'd marble-stone with an iron rod, and take the stone which remains of it, beat it to powder, and hang it in a cloth bag in a moist cellar, and it will turn to a clear oil; then put something under to receive it; sal gemma, sal ammoniack, of each one ounce; litharge of gold, four ounces; stilled vinegar, four ounces; fair water, three ounces: stir the litharge and the vinegar together for the space of half an hour; put the water and the salts together, and stir them half an hour, or till the salts are dissolv'd: put the litharge and vinegar into one dish, and the salts and water into another; then let them stand till they be clear; filtre them with a woollen cloth, and keep them apart, both which will be as clear as rock-water: when you intend to use it, take four or six drops of each, and mix it in the palm of your hand, and it will look like cream of milk.

The Virtues.

It will cure all sun-burnings, freckles in the face, pimples, spots, morpew, and all defects in the skin: use it in the following manner, which will cause a scurf.

Take this as formerly mix'd, and let it dry-in at night; the next morning take a piece of scarlet cloth, and rub the part gently, which will

will fetch it off. After which wash it with French barley boil'd in plantain-water.

To take away Freckles.

ROAST a very fat breast of mutton, but neither salt nor baste it; let the dripping-pan be very clean, and put into it half a pint of the best white-wine vinegar; let the meat drip into it; then melt it together; strain and stir it till 'tis cold; work out the vinegar, and wash it with rose-water; afterwards take two ounces of white-wax, one ounce of the ointment, and half an ounce of sperma-ceti; melt it together, dip cloths in it, or spread it, and wear it as a mask day and night, but especially at night.

For the same.

TAKE some of the person's own water in the morning, as soon as 'tis made; steep in it one handful of mallows, and let it stand till night; then wash the face with it, and use no other medicine.

To make Suet for the Hands.

TAKE the weight of six or eight pounds of the fat caul of a young sheep, while it is hot, and pick out all the red strings; put the suet into fair conduit-water, shift it twice a day for three or four days together, and open it where you see it yellow; then you must have a peck of marshmallow-roots, and two white lily-roots; scrape them very white, and pick out all the black specks; slip them in small pieces; take half a score of white pippins, pare, core, and cut them in little pieces: then take your suet, and dry it very well in a sheet; shred it small; afterwards

minge the suet and apples together with your roots; put it into an earthen pitcher; stop them very close, set them in a kettle of water, to boil eight hours; then strain it all through a clean cloth, and the next day take the cake of suet, and if the outside be yellow, scrape it off; after which break it, and put it into a bason, with a pint of rose-water; melt it again upon a great skillet of water in a silver bason; then take some porringer-dishes, and put into every one of them a little rose-water; after which take your suet, and blow it off, some into every porringer, as you see good; and when cold, they will slip out in cakes.

To make the Forehead-cloth.

TAKE some pieces of Holland clean wash'd, and folded as stiff as possible; then iron every piece, when they are half dry, that they may be very stiff; after which take three ounces of sperma ceti, and six ounces of virgins-wax, and a little piece of suet; melt them all together in a silver dish over a skillet of water; then draw the Holland thro' the dish, until you have wet them all piece after piece; take them out quickly, lay them on a joint-stool, and slick them with a slick-stone one by one upon a paper.

After all that can be said on this subject, NEATNESS and CLEANLINESS are the greatest promoters of BEAUTY and HEALTH, and highly preferable to all the practices of ART.

For Preservation of the Teeth, see the Article TEETH, in the Physical Part of this Work.

The frugal Housekeeper's DIRECTORY.

Containing some choice Receipts necessary to be known by all good Housewives, and which yet fall not properly under the foregoing Heads.

How to make Bread more substantial than ordinary.

TAKE the bran that has been bolted off, and boil it in a kettle of water; then strain out the water, and it will be white, and of a thick, strengthening substance; with this wet the meal, wherewith you make your Bread; then add yeast, and a little salt, and so make it into loaves; and it will be more heartening, pleasanter in taste, and increased in substance, than otherwise it would have been.

To make Bread that will keep moist and good very long.

SLICE a pompion, and boil it in fair water, till the water grows clammy, or somewhat thick; then strain it through a fine cloth, or sieve, and with this make your Bread, well kneading the dough; and it will not only increase the quantity of it, but make it keep moist and sweet a month longer than Bread wetted with fair water only.

To make good Flummery.

TAKE half a peck of wheat-bran, that has not been over-much bouted or sifted; let it soak three or four days in two gallons of water; then strain out the liquid part, pressing it hard; boil it to the consumption of a third part, so that when it cools, it will be like a jelly, and keep long. When you heat any of it, season it with sugar, and a little rose or orange-flower-water,

and add a little cream or milk, and it will be very pleasant and nourishing.

To make salt Pottage fresh.

SET it over the fire, and beat up a little wheat-flour with the white of an egg, and put a little of the broth among it, to make it thin; then put it into the pot or skillet; and in a little boiling up, with stirring, it will much abate the saltness.

To season fresh Meat in boiling or roasting.

IF boil'd Meat, make the water boil up before you put it in, and having well rubb'd it with salt, put it in, and throw in salt by degrees, a little at a time, till the broth tastes very strong of it, and so cover it close; and be it pork or beef, the water penetrating with its heat, it will carry the salt quite through, and season it sufficiently.

If roast Meat, make a brine of salt and water boil'd together, and when it begins to be well heated at the fire, baste it with it hot, and in a few turnings the force of the fire will cause it to penetrate; and when you perceive it has well done so, by a dry salt scurf that will arise, then you may baste it with your ordinary basting.

To make Ale, or any other Liquor, that is too new, or sweet, drink stale.

TO do this to the advantage of health, put to every quart of Ale, or other liquor, 10 or 12 drops of

of the true spirit of salt, and let them well mix together, which they will soon do by the subtile spirits penetrating into all parts, and have their proper effect.

To recover sour Ale.

S Crape fine chalk a pound, or as the quantity of liquor requires more; put it in a thin bag, into the Ale.

To recover Liquor that is turning bad.

I F any Liquor be prick'd, or faling, put to it a little syrup of clary, and let it ferment with a little baum, which will recover it; and when it is well settled, bottle it up, putting in a clove or two, with a little lump of loaf-sugar.

For well bottling of Liquor.

Y OU must have firm corks, boil'd in wort, or grounds of beer; fill within an inch of the cork's reach, and beat it in with a mallet; then, with a small brass wire, bind the neck of the bottle, bring up the two ends, and twist them over with a pair of pincers.

To recover the Flavour of Oil, when by accident it is lost.

B URN roch-a-lum, and beat it into a fine powder, which put into boiling water; and when it is well dissolv'd, take the water off, and pour the Oil into it, and work it well with it; then let it stand and settle 44 hours, when the Oil will be again imbodyed, which scumm'd off from the surface of the water beneath, it will leave its bad taste or scent in the water, and recover in a great degree its first flavour.

To recover tainted Flesh,

P UT it in an earthen vessel, full of small holes, with a cover to it; lay sweet-herbs above and beneath, with some toasts of bread; then dig an hole in the ground, and set the vessel into it, and cover it with

earth, and let it stand 24 hours in a light fresh mould; and the earth, together with what is in the pot, will take the scent away; but it must be presently spent, or it will draw in fresh air, and putrefy again. Where you have not this conveniency, wash venison in warm water, when tainted; let it soak four hours, then put it into vinegar, salt, and pepper as long, and presently use it. Let not the vinegar be too sharp; an ordinary sort of rape-vinegar will do best.

To preserve fresh Lard.

M ELT it, putting to it a little good verjuice, and boil it up till the verjuice disappears; then put it into bladders, or what vessels you will, and it will keep very white, and free from must or taint.

To make Cream of sundry kinds of Fruits.

T AKE either currans, mulberries, raspberries, or strawberries, sprinkle them with a little rose-water; press out the juice, and draw the milk hard out of the cow's udder into it; sweeten it with a little sugar, and beat it well with birchen twigs, till it froth up; then strew over it a little fine beaten cinamon, and it will be an excellent mess. You may do this with the juice of plums, gooseberries, ap'icots, figs, or any juicy fruit.

To make abundance of Cream.

T AKE a skimming-dish full of the top of the milk, add to it four spoontuls of scraped sugar, and a drop of good rennet; then stir them together, that they may thicken a little; then set it in a warm place, and a great deal of cream will arise in an hour's time.

To make an excellent Syllabub.

M ILK the milk of a young cow into your vessel; to two quarts
I 4 of

of it put a pint of white-wine, two or three spoonfuls of verjuice, or the juice of green grapes, and a spoonful of the juice of baum or mint; scrape into it some loaf-sugar, and add a little grated nutmeg; you may also scent it with a little rose or orange-water.

To make an excellent White-pot.

BLANCH half a pound of sweet-almonds, make them into a paste well beaten, put to it two quarts of milk, and boil them together; then add a spoonful and an half of rice-flour; and when these are boil'd well, strain out the liquid part into two quarts of new milk, stirring it; and add sugar to sweeten it as you please, and a little saffron strain'd into a quarter of a pint of white-wine, *viz.* the wine wherein it has been soak'd; and with this beat up a dozen yolks of eggs, and bake it.

To raise a Sallad in a few hours.

TO do this from the seeds in any season, take ashes of the mois of trees, and rotten dung; mix them well together, and sprinkle them with the moisture that comes from the dung-hill; do this several times, and dry it as often in the sun, till it becomes, as it were, a fat, cloggy earth; keep it in a glazed earthen pot, to use either summer or winter.

If in winter, spread this earth in a dripping-pan, or iron vessel; sprinkle it with the moisture of wet dung, in which you have steeped your seeds of lettuce or purslain, a night; give it a moderate heat with fire under it; sow your seeds, and sprinkle them with warm rain-water; and if the heat be the same as in *July*, they will instantly sprout; and if sowed at nine in the morning, they will produce leaves at any season sufficient for a Sallad, by dinner-time.

To keep all sorts of Flowers fresh, out of their proper seasons.

FILL an earthen vessel with half water and half verjuice; put to it as much salt as will make the liquor taste well of it; gather the flowers in their prime, before they are too much blown, and put them in the liquor, pressing or rumpling them as little as may be; cover the vessel close, and set it in a warm place; when you have occasion for them, take each out by the stalk, and hold it to the warmth of the fire, and it will recover much of its colour, spread in its proper form, and want nothing of the perfect flower but the true scent. And thus may they be kept all winter.

To make a butter'd Loaf.

TAKE a quarter of a peck of fine flour, and six eggs with the whites; beat them well; then take two spoonfuls of baum, and a pint of cream; beat all together, and strain it cold into the flour, and a little salt; then make it into a pretty stiff paste; after which set it by the fire to warm one hour, till it be risen well; then make it into a loaf, bake it well, and when it comes out of the oven, butter it.

To make a Sack-Poffet.

TAKE eighteen eggs, yolks and whites; beat them very well; put into them a pint of sack, and better than three quarters of a pound of sugar; then strain them into a silver bason, set them over a chafing-dish of coals, and let it be as warm as your finger can endure, but keep it stirring one way all the while; afterwards have ready a quart of cream boiling hot, just off the fire, and pour it up as high as you can into the bason, to your sack and eggs, as it stands on the coals; then give it one stir round, and take it off the coals, covering it with a plate and cloths

cloths very close; let it stand half an hour, or not so much, if you would eat it pretty hot; tho' tis good, if quite cold.

To make French Bread.

TAKE a quarter of a peck of flour; three or four eggs; and beat them very well in a porringer with two or three spoonfuls of sugar: mix the eggs and sugar together, and put them into the flour: take a quart of milk lukewarm; put a little salt into it, to give it a savoury taste; a pint and a half of yeast: mix the salt and yeast together with the milk, put it into the flour, make it up into dough very weak, and put it into a clean cloth till it rises as big again: make it up as large as you please, put it into wooden dishes, and let it rise almost as big as it did before: the oven must be made very warm; and when they are proved, put them into the oven: if it be very hot, let them stand an hour; if not, an hour and a quarter. You must take care to keep the dough, while it is in the cloth or wooden dishes, very warm, covering it with a blanket.

Another for the same.

TAKE a peck of fine flour; three quarts of new-milk; and three pints of ale-yeast: mix them together; then let it stand a little to rise; afterwards put it into your dishes; and when it begins to rack at the top, put it into a pretty hot oven, and let it stand one hour; then chip it, and rasp it.

To make Slipcoat-Cheese.

THERE must be a hoop one inch and a half deep, which just fits the top of the cheese-vat. Put the new-milk together, as soon as it comes from the cow; and instantly put in a skimming-dish full of curd, (which must not be at all broken) and another full of cold water;

then as much curd, and then water, till 'tis full to the top of the hoop: let it stand till night; then take off the hoop, and tack the cheese-cloth round the cheese; set on the weight of an empty glass bottle, and let it stand all night. The next day the cheese must be turned upon a dry cloth; keep it on that cloth for three or four days; then lay it in ash or dock-leaves, till 'tis ready to eat. When you put in the cloth, rub a very little salt over it. If you desire them excellent, they should be made every day, one at a time.

The Lady Oxford's way to make Cheese, to be secured in or upon Rushes.

TAKE three pints of new milk, as it comes from the cow; season it with sugar, rose-water, and a little amber to your taste; put into it a quarter of a spoonful of good rennet; stir it well together, and cover it with a dish, till it be come; then you must have ready some bul-rushes, run through with a thread in three several places, drawn as close together as you can; lay them upon a broad dish, and take up your milk, being come, with a fleeting dish, and lay it upon the rushes in a handsome proportion. Your rushes must be so broad, that it may wrap over it again; and when it hath stood about half an hour, take it by the two ends, and turn the rushes and all; and so you must do often, till the whey be run from it; then you must have some hard rushes sowed as the former were, the breadth of the dish you will serve it in, and thus upon the rushes serve it in.

To make Lemon Sallad.

CUT the Lemons, take out the meat, and slice them very thin; put them into a pot of scalding liquor; then take sugar and water, a little vinegar, and some of the juice of

of the lemons; make a syrup of them, and boil them in it.

To fatten Poultry.

TAKE half a bushel of barley-meal, sift out the bran; one peck of wheat-meal, and sift it likewise; with one peck of small oatmeal: mingle them together, and make the paste with new milk boil'd; with which ingredients cram your fowl.

To feed the Birds.

TAKE wheat, and boil it not too hard, nor too tender; put it into several little pans; if to fatten them presently, put to it new milk; if by degrees, water: let there be two boards set, one with gravel upon it, the other with ground malt; let there be clean straw strew'd under them once in two or three days: They all feed alike.

To make brass Utensils look of a gold colour.

TAKE a pint of strong lye, mix with it an ounce of burnt rochalum, boil them well together; then rub the utensil with it; and when it is dry, rub it over with tripoli, and it will not only take away all spots and stains, but make it look like gold.

To cleanse Silver, and give it a fine lustre.

BOIL it well in lye, then take it out, and smear it over with whiting, and let it dry; then with a warm dry woollen cloth; rub it over with powder of burnt alum.

To set a Gloss on fading Paintings.

TAKE of tartar and glass-wort, each an ounce; boil them in a pint of water till half be consumed; then strain it; and having with a sponge and warm water cleansed the painting from dust, pour the strained liquor over it, and it will set a fine fresh gloss upon it, and make it look as if new.

To refresh faded Hangings.

SCOUR them well with a strained water, wherein cake-soap and fulling-earth have been soak'd; rinse them afterwards in fair water, wherein alum has been dissolv'd; then, if it be tapestry, run them over with the juice of quinces and lemons; and where the colours of Tapestry are faded by age, you may revive them by artificially painting them.

To whiten Linen-cloth.

WET it well, and lay it on the grass in a sun-shiny day; cast water on it wherein alum has been dissolv'd, and a little chalk; use it thus five or six days; then wash and buck it well, and it will become far whiter and thicker than it was before.

To take spots of oil or grease out of Satin, Silks, Stuffs, or Woollen.

BURN the bones of sheeps trotters, reduce them to a fine powder, lay it on fine paper, on both sides of the spots, and place upon the upper part a spoon, in which is a lighted coal that may heat pretty well through, and the heat will cause the powder to suck out the grease; then rub it over with a piece of fine white-bread to cleanse it: if it does it not sufficiently at once, repeat it twice or thrice, and it will not fail your expectation.

To take out Pitch, Resin, Bees-wax, or Tar.

PUT a little oil of turpentine on the place, and dab it on often with a feather as it dries away, and it will so consume the unctuous part of them, that by gently rubbing it will crumble away like dirt.

To take iron Moulds from linen.

HAVING well wash'd your linen, put boiling water into a pewter pot, and put the linen to it; then take it out, and anoint the place with juice of

of sorrel, and let it dry; then wash it out in a good lather, with Castile or cake-soap.

To take out Spots of Ink, or Stains of Fruit.

PUT the juice of lemon and onion on the spot or stain, and let it dry; then wash it out with a good lather of cake-soap: or you may first steep the linen in chamber-lye; or wash the stain with soap dissolv'd in vinegar.

To take Spots of Oil or Grease out of white or red Silk, without altering the colour.

WET the spot with spirit of wine, then dawb it over with the white of a new-laid egg, and dry it in the sun; then wash it with clean water, and press it well.

To destroy Bugs.

TAKE of the highest rectify'd spirit of wine (*viz.* lamp-spirits), that will burn all away dry, and leave not the least moisture behind, half a pint; newly-distill'd oil, or spirit of turpentine, half a pint; mix them together, and break into it, in small bits, half an ounce of camphire, which will dissolve in it in a few minutes; shake them well together, and with a piece of sponge, or a brush dipp'd in some of it, wet very well the bed or furniture wherein those vermin harbour and breed, and it will infallibly kill and destroy both them and their nits, although they swarm ever so much: but then the bed or furniture must be well and thoroughly wet with it (the dust upon them being first brushed and shook off), by which means it will neither stain, soil, or in the least hurt the finest silk or damask bed that is. The quantity here ordered of this curious neat white mixture (which costs but about a shilling), will rid any one bed whatsoever, though it swarms with Bugs.

Do but touch a live Bug with a drop of it, and you will find it to die instantly. If any Bug or Bugs should happen to appear after once using it, it will only be for want of well wetting the lacing, &c. of the bed, or the foldings of the linings or curtains near the rings, on the joints or holes in and about the bed, head-board, &c. wherein the Bugs or nits nestle and breed; and then their being well wet all again with more of the same mixture, which dries in as fast as you use it, pouring some of it into the joints and holes where the sponge or brush cannot reach, will never fail absolutely to destroy them all. Some beds that have much wood-work, can hardly be thoroughly cleared, without being first taken down; but others that can be drawn out, or that you can get well behind, to be done as it should be, may.

Note, The smell this mixture occasions, will be all gone in two or three days, which yet is very wholesome, and to many people agreeable. You must remember always to shake the mixture together very well, whenever you use it, which must be in the day-time, not by candle-light, lest the subtlety of the mixture should catch the flame as you are using it, and occasion damage.

Another Receipt to destroy Bugs.

MIX oil of turpentine with soaps, anoint the bed-posts, and crevices of the walls with it; shut the room up close, and burn brimstone and storax, and they will die away.

To destroy Mice, Rats, Weasles, &c.

TAKE arsenick and crude mercury, mix them with cheese, bread, or fat bacon, and as many as taste of it will die: or, boil wild cucumbers with the like quantity of

of colocintida, till the water is almost consumed; then make a paste with it, and oat-flour, and lay in bits about their haunts, and it will destroy such as eat of it.

To prevent Weasles sucking Eggs.

PLACE rue about the nests of your hens, ducks, or geese, and they will not come near the eggs.

To destroy Fleas and Lice.

FOR the former, sprinkle the room with water wherein the roots of wild cucumbers and wormwood have been boil'd, and lay between the mat and the bed the herb arse-smart, or hound's-tongue, which grows in most ditches in summer.

For the latter, take hog's-lard, quicksilver, and the juice of sage; beat them into an ointment, and anoint your head and body with it, and the scent will kill them, either in your hair, linen, bed, or woollen cloths.

To destroy Flies.

BRUISE the herb hellebore, and steep it in new milk, mix'd with orpiment, and sprinkle the rooms or places where Flies swarm, and they will either presently avoid it, or die.

To destroy Moths.

THESE usually infest cloaths and hangings, and therefore prove very mischievous.

If among cloaths, to destroy 'em, make a powder of saffraas-wood, the flowers of lavender, and the dry'd leaves of rue; lay these in small sprinklings amongst your woollen, silks, or linen, and scent your drawers or trunks well with them, and no Moths will live in the scent of them.

But if they eat your hangings, or other things, which you cannot or-

der with this powder, then burn storax and sulphur in the room, the doors and windows being close shut, and the scent will utterly destroy them; and the scent remaining in the hangings, will keep others from coming to them for 6 months, or as long as the scent remains in them; and then you may renew it.

To destroy Ticks.

THIS sort of vermin is very offensive, especially in old houses, where the timber is decay'd, or rotten; and they are great destroyers of timber-buildings, by rotting and wasting the timber, in eating it.

To destroy these, observe their haunts, and wash or sprinkle the places with urine, wherein tobacco and rue hath been boil'd, and it will kill those that are already, and prevent the breeding of others.

To destroy Spiders.

AFTER you have destroy'd their webs, sprinkle the rooms with water wherein plantain has been boil'd, and smoak them with benjamin and frankincense, and none of them will ever after appear there, at least, till the scent of these things is utterly extinguish'd; when the sprinkling may again be repeated, if it be found necessary.

To drive away Snakes, Efts, Adders, and the like Reptiles.

BURN wallwort, rue and bay-leaves, scatter the ashes, and some fresh leaves in their haunts, and they will either immediately depart, or die in their holes or places of resort.

To destroy Worms.

THOSE in walks or gardens may be destroy'd by strewing of lime, foul salt, or pot-ashes, and lay a lay-
ing

ing of gravel on it: but such as are in bedsteads or timber in houses, are destroy'd by washing the places with strong vinegar, and scenting them with storax and brimstone. The latter will do in a library, to prevent their eating and spoiling books.

An approved Receipt for the Cure or Prevention of the Murrain in Cattle.

TAKE of fallad oil, one quart; aniseed, or angelica-water, one quart; London treacle, one pound; common treacle, one pint; fennugreek, eight ounces; bole armoniac, six ounces; turmeric, four ounces; madder, four ounces; saffron, a quarter of an ounce; aloes, six or seven ounces: the six last articles must be finely powder'd; then mix all together with four gallons and a half, or five, of strong ale, which will be sufficient for forty head of beasts, giving to each at least a pint.

For a Farcy, in a Horse.

TAKE rue, wormwood, tansey, vervain, nettle-tops, hyssop, gill-go-by-the-ground, rosemary, and brook-lime, of each one handful: chop 'em all together as small as you can; steep 'em all night in two quarts of fresh tanners owse; then add one ounce of oil of turpentine, and put some of it in every horn you give the horse. Bleed him freely in the neck; let him fast all night; the next morning ride him an hour or more; after which give it early, and all with a horn; and then let him stand two hours fasting; afterwards feed him. At four days end repeat this: if the first draught does not cure, the second is infallible. This is thought the best receipt, though the following are excellent.

For the same.

TAKE two quarts of chamberlye, one handful of broom, as much of savine, rue, and feverfue, and half an ounce of oil of turpentine.

For the same.

TAKE one ounce of bole armoniac; oil of spike as much; oil of petre, and oil of vitriol, of each one ounce: boil all these in one quart of chamberlye: when it is cold, give it to the horse, and ride him till he is warm; then keep him so: give him no water the night before, nor meat next day. Then let him eat what he will, but not drink in 24 hours after he has taken the medicine.

To prevent the Nail growing into the Toe.

IF the nail be hard, and apt to grow into the corners, scrape it very thin, whenever you pare your nails, with a bit of glass, which will by degrees make the corners fly up, and grow flat.

To draw out a Thorn.

CHEW some nut-kernels, and mix with a little black soap, and repeat it till the thorn be extracted.

To make an excellent whipt Syllabub.

BOIL a quart of cream, and when it has stood till cold, put to it a pint of white-wine, in which the thin rind of a lemon has been steep'd for two hours; adding also the juice of one lemon, sweeten'd well with fine sugar. When put all together, whisk it all one way, till pretty thick, and then fill your glasses, and use it not till the next day; for it will keep three or four. Your cream must be full the above quantity, and the wine rather less than more.

To

To make Sago.

SET a pint of water, with an ounce of Sago in it, over the fire, and carefully stir it till thick; put in it three spoonfuls of sack, or mountain, or sherry, a little lemon-peel, and the juice of a lemon, sweetening to your taste.

To make Salap.

PUT half an ounce of Salap to a pint of water; stir it over the fire, till 'tis as thick as chocolate; and then season with rose-water, or orange-flower-water, or canary; or,

if better liked, with a little lemon-juice and sugar.

To make a comfortable Panada.

INTO a quart of cold water, grate the crumb of a penny white loaf, and set it on the fire with a blade of mace in it. When boiled smooth, take it off the fire, and put in a bit of lemon-peel, the juice of a lemon, a glass of sack, and sweeten as you like. Some season with butter and sugar, adding currans; but the first is most innocent.

I N D E X

T O T H E

F I R S T P A R T.

I N T H E

Eighteen ARTICLES following; *viz.*

TH E complete CATERER and HOUSEKEEPER; containing instructions for chusing and managing all kinds of POULTRY; also how to chuse all sorts of *Butchers-meat, Fish, &c.*

As,

Water-fowl page 1

Land-fowl 2

Young or old *Partridges*; also how to keep them alive 6

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How to feed and manage all sorts of *Birds* to make them in good plight for the table 8

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THE LANCET

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A Compendious

BODY of PHYSICK,

Succinctly treating of

All the DISEASES and ACCIDENTS

Incident to

MEN, WOMEN, and CHILDREN.

The following general Rules, as to internal Remedies, are commonly observed, in respect to the Age of the Patient.

Suppose that a sufficient dose for a full-grown man is 1 drachm.

For one from 14 years of age to 21, give $\frac{2}{3}$, or 2 scruples.

For one from 7 to 14, give $\frac{1}{2}$ or $\frac{1}{2}$ a drachm.

For one from 4 to 7, give $\frac{1}{3}$ or 1 scruple.

For one of 4, give $\frac{1}{4}$ or 15 grains.

For one of 3, give $\frac{1}{6}$ or $\frac{1}{2}$ a scruple.

For one of 2, give $\frac{1}{8}$ or 8 grains.

For one of 1, give $\frac{1}{12}$ or 5 grains.

Old men are twice children, as well

in respect to strength and food, as to medicines; whence perhaps we may be allow'd to compare one of sixty years of age with a youth of one-and-twenty; one of seventy with fourteen; eighty with seven, and so forward. Tho' these remarks are not so certain, as not to have many exceptions; as may easily appear by comparing, in point of strength, different men of the same age together. Wherefore from age alone you will scarce arrive at any certainty.

The Weights in present Use in the Shops are,

℔ The Medical Pound, containing 12 Ounces.

℥ The Ounce, equal to 8 Drachms.

ʒ The Drachm, weighing 3 Scruples.

ʒ The Scruple, consisting of 20 Grains.

Gr. The Grain, which is seldom farther divided than into two equal parts, and is accounted nearly equal to the small Grain of white pepper or barley; tho' nevertheless it is preferable to use a Grain of an exactly determin'd weight, viz. the

A

same

same as the Goldsmiths use, in *Fernelius's* judgment; since otherwise all the other greater weights, as founded on the Grain, are uncertain.

The Measures at this day in common use in Physick are either of *Dries* or *Liquids*.

Those of *Dries* are,

The *Fasciculus*, (*Fasc.*) which contains as much as can be held in both the arms, and is reckon'd equal to twelve handfuls.

The *Handful* (*M.*) is determined by the quantity which we are able to hold in our hand, and is reduc'd to four *Pugils*, or half an ounce.

The *Pugil* (*Pug.*) which contains as much as can be held with the thumb, and two first fingers of one

hand, and generally answers to half or a whole drachm.

The *Number* (*Nº*) equal or unequal.

For measuring of Liquids, besides the common Measures used among merchants, we likewise use

The *Cyathus*, which holds about an ounce and half.

The *Spoonful*, (*Cochlearium*) which is taken for half an ounce.

The *Drop*, (*Gut.*) which being the least Measure of liquids, is equal to the grain among Weights; tho' its weight is different according to the different specifick gravity and consistence of the drops of the liquid, and the mouth of the bottle in which it is contained.

A L I M E N T.

AS there is not any thing more material to Health, than to know the nature and qualities of what we eat and drink, we shall begin with the following observations on that subject, drawn as well from reason and experience, as from the best authorities; and shall first treat of

M E A T S.

BEEF is a nourishing, but gross food, breeds thick strong blood, and is to be avoided either roasted, boiled, or baked, by sedentary persons, and those of weak nerves, or sickly habits; but to such as work hard, or take much exercise, and have strong health, it is a grateful, a necessary, a strengthening, and a wholesome food: And especially if the rules laid down in the *Treatise of Cookery*, p. 9. for the choice and kind thereof, be judiciously attended to.

Mutton is one of the wholesomest and most nourishing foods in *England*, if good, and judiciously chosen (See *Treatise of Cookery*, p. 9.): In so much that its fat, which in most other animal food is to be rejected

by weakly persons, is balsamick and healing to the stomach and bowels, when fretted or disorder'd by colds, or other indispositions. It is, besides, what we may call a natural food to these climates, and so the best fitted for health to *English* bodies, of any other animal food. It is moreover the most perspirable of all animal food.

Veal is a nourishing and wholesome food, and light of digestion to the stomach; and the more so, when plain dress'd, as are all other foods.

Lamb is a tender and light food, and may be indulged to tender constitutions, according to the case.

Pork is a very nourishing, but a very gross food. This as well as Beef, may do well with constitutions

tions inur'd to labour and exercise; as indeed any food may: But the learned Dr. *Cheyne* tells us, that it ought to be forbidden to the valetudinary, and weak, and studious: A swine feeds, says he, the foulest of all creatures; their juices are the rankest; their substance the most surfeiting, and they are the most subject to cutaneous diseases and putrefaction, of any creature. But yet we may say, that if Pork be chosen according to the rules set down in the preceding *Treatise of Cookery*, p. 10. it may be allowed to the generality of mankind; and be deemed an useful and agreeable Aliment, to such constitutions as are not intirely valetudinary, and obliged for that reason to a strict regimen. Yet Dr. *Arbuthnot* takes notice, that all sorts of Hogs-flesh and oysters are the least perspirable of all animal food.

Bacon is a light and easy food, moderately eaten; but salt or hard meats are unkindly to scorbutick constitutions.

Venison, tho' a food which both scarcity and price have made delicious to the luxurious, has nothing in it but expence which should make it preferable to good tender *English Mutton*, which often equals it for pleasure, and always for health; and many nice palates have been frequently imposed upon, and taken the one for the other, even in the very Article in which Venison is thought most to excel; especially when a leg of mutton has been cut Haunch-fashion.

Pyes made of any kind of Flesh-meats are strong food; and by reason of their seasoning, generally too pernicious to health to be indulged to valetudinary constitutions.

But all light *Puddens*, whether of Bread or Flour, if not too doughy,

or buttery, are a wholesome and agreeable food to most persons, and constitutions. See *Wheat and Rice*, &c. p. 5.

Hare, like other Venison, is more valuable for its scarcity than excellence; being *dry meat* to a proverb, and the sauces it requires to make it otherwise, recommend it the less to those who are oblig'd to study their healths, &c.

Tame Fowls, of all sorts, are generally an innocent, easily-digested, and wholesome food; especially when plain dress'd, and not season'd with high and unnatural sauces.

Rabbits, plain dress'd, are also a sweet and agreeable nourishment.

Wild Fowl is a food generally of a higher flavour than tame; but if not too high season'd and sauc'd, may be sometimes indulg'd to stomachs which find no inconvenience from them. But as they are seldom eat without strong sauces, they had as well be forborn by weak stomachs.

Roast Meats are less nourishing than boil'd.

Fish. Some sorts of Fish, in small quantities, and plain dress'd, such as *Whittings*, *Flounders*, *Plaice*, &c. are not improper for sickly or weakly persons; yet Dr. *Cheyne* is of opinion, that it is not the most agreeable food for health. Hear what that learned Gentleman says upon the point: "Most Fish, says he, live
" in a saltish element, and come
" only into fresh water rivers, for
" the quietness and conveniency of
" bringing forth their young ones.
" This makes their Parts more
" closely united, and harder of digestion. Besides, they feed upon one
" another, and their juices abound
" with salt that corrupts the blood,
" and breeds chronical diseases. And
" 'tis always observable, that those
" who live much on Fish are in-
A 2 " fected

“ fected with the scurvy, cutaneous eruptions, and the other diseases of a foul blood. And every body finds himself more thirsty and heavy than usual after a full meal of Fish, let them be ever so fresh; and is generally forced to have recourse to spirits and distilled liquors to carry them off. So that it is become a proverb, among those that live much upon them, that brandy is *Latin* for Fish. Besides, that after a full meal of Fish, even at noon, one never sleeps so sound the ensuing night; as is certain from constant observation.”

Shell-Fish are generally a nourishing and easily-digested food, especially when dress'd without the high sauces, which luxury has introduced into our cookery.

Eggs are said to be the most nourishing and exalted of all animal food.

It may be observed, that Animals which live upon Vegetables, afford such flesh and humours, as are not so subject to corruption, as others: Wherefore they may be more safely indulged to persons of hot constitutions. Such are Lamb, Tame-duck fed with bread, Tame-goose, Ram, Breef, Goat, Kid, Capon, Stag, Pigeon, Quail, Rabbet, Hens, Tame-pheasants and Partridges, Starlings, Thrushes, Turtle, Wether, Veal, Lark, Wood-cock, Black-bird, Plover, Sparrow, &c.

Cream, Butter, and Marrow, are all lenient and nourishing.

See for the choice of the best of these several kinds of food, the *Cookery* part, p. 1, &c. for *Poultry*; p. 9. for *Butchers Meat*; p. 11. for *Fish*; and p. 14. for *Butter and Cheese*, &c.

Bread, a grateful and strengthening sort of this may be made by well leavening it, twice baking, and

mix'd with a little saffron, nutmeg, cardamums, cinamon, &c.

DRINKS.

THE usual draught for ailing people, when the case forbids it not, may be ripe red French-wine, thrice or four times a-day, to the quantity of half an ounce.

Brunswick Mum, English Beer, or Ale, and well-brew'd small Beer, or, as the case may require, Spring or clear River-water with a toast in it.

Spa, Pyrmont, Bristol, or other chalybeate Waters, as the case may require.

Of all drinks, Whey is the most relaxing; so are warm water, and decoctions of mealy substances, and Panadas. Honey is the greatest diluter of all vegetable substances.

Coffee, when fresh and well roasted, so that its volatile parts are retain'd, is good for digestion, against worms, strengthens the stomach, dries up moistures, is opening, keeps awake, hinders defluxions, promotes perspiration, resists coagulations, is good in phlegmatick habits, in suppressions and obstructions of the sex, corrects acidities in the blood, and comforts the spirits; it is beneficial in the gout, scurvy, and hypochondriack diseases; in asthmas, agues, (see *Ague*) dropsy, and gravel, and for sedentary and studious persons; and for most disorders in the head, depending on the digestive faculty, and thicknes of the juices: But 'tis bad in inflammatory cases, in which volatiles are hurtful, where the blood and juices are too thin; in spitting of blood, and in some consumptive cases.

Tea, in most things, as to its effects, agrees with Coffee. Used discreetly, it carries off gravel, gives spirits,

spirits, is good in rheums of the breast and defluxions; in asthmatick cases, especially taken with saffron drops; creates an appetite, helps digestion, is good for the head and stomach, thins the blood, is beneficial to phlegmaticks, and, properly assisted and strengthened, in apoplexies, palsies, lethargies, &c. It is a good diuretick, corrects four stomachs and windiness, and is of use to gouty persons, and in indigestions, as also to quench the thirst in fevers. It also helps in palpitations of the heart, in melancholy; and infused in milk instead of water, allays the sharp humours that infest the passage of the lungs, and allow of no rest night or day; and this way also is good food for tender, sickly and consumptive children, gently sweeten'd; and is likewise good against worms, and also in spitting of blood from coughs, &c. This is a brief account of its good qualities; but if immoderately used, it has its bad too, and will occasion those ill effects, and even obstructions, which, moderately taken, it rectifies.

Chocolate is good in cases where the stomach is weaken'd by habitual colicks, fluxes, flatu's, or wind, and where the blood is too thin, and wants nourishment: But in cases of jaundice, obstructions, thick or sly juices, and the like, it is pernicious, especially if much used. New-made is not so good as older.

Wine of all sorts will heat and inflame; some are pectoral, some heady, some griping. All new wines are laxative and windy. White wines are generally more inflaming than red. Old wines are warmest and most comforting. Rhenish is the least heating, but most dangerous with us, being adulterated by drugs of pernicious qualities, to re-

store it when eager. Sweet wines nourish most, but affect the head and stomach, and occasion viscosities. Small wines hurt the membranous parts and nerves. But after all, good wine, moderately taken, and used discreetly as to its relative qualities with the subjects taking it, is a cordial. But it is so difficult to meet with it unadulterated, that the less generally it is drank, the better.

Cyder is a wholesome liquor, very diuretick, especially the rough *Southham*. The *Herefordshire* cyder of all sorts has been long in esteem; tho' there are those who think the *Devonshire* equal to it in all its good and salutary qualities. The rough well-bodied cyder, drawn and not bottled, may be drank winter as well as summer, without apprehension of gripings or colicks, which some experience from the sweet sorts, which being bottled, ferment, knit, and sparkle, and are almost all wind. See *Apples* in this Article, p. 8.

The same may be said of *Perry*, well made, in some degree; but we think it not so eligible for a constant liquor, nor so vinous and diuretick, as cyder. See *Pears*, p. 8.

Brandy has so many bad effects, drank frequently, and so few good ones; that, except for its outward use in the dispersing of tumours, &c. in the hands of the skilful, we would not mention it in the list of Aliments, or such things as are used to promote health. The same may be said of *Rum*, and all spirituous liquors, used too frequently, and otherwise than as mere cordials, as occasion may call. See *Spirituos Liq.*

For *Cordial Liquors*, see the preceding part, under the Articles *Distillery*, *English Wines*, &c. also the Articles *Cordial*, *Stomach*, &c. in this Part.

The Virtues of most sorts of *Grain, Pulse, Nuts, Roots, Herbs, Fruits, Plants, and Spices*, used for human Food; and first, of

G R A I N.

Barley is of a cooling and viscous nature. If boil'd, 'tis glutinous and cooling: its glutinous quality makes it binding, if the rind be taken off; and its cooling quality retards the circulation; it is therefore good in fevers. In consumptive cases, where asses milk curdles upon the stomach, or cannot be had in great plenty, half barley-water and half asses milk makes a good sham asses milk; yet is barley prejudicial, too frequently used, to the stomach, as it relaxes its coats, weakens its walls, and impairs digestion. Its flour is good to make into poultices, to soften hard tumours, and give ease to the inflammations in the side, called Pleurifies. When fermented and brewed into liquor, it loosens the belly; and the newer it is, the more certain is this effect; wherefore tender constitutions, troubled with windy colicks, or frequent loose stools, should studiously avoid it, as they would poison. It is, however, in general, a nourishing grain, and more so by its juice, than in its flour; and the ptisan is both food and a medicine.

Wheat is more nourishing than barley, if made into bread, and unwrought or unleaven'd: it is however doughy, and hard of digestion, especially if eat new from the oven. Pan-cakes, &c. made of it, grow a mere glue, and are a pernicious and obstructing food; but if bread made of Wheat be fermented with yeast, and kept to a moderate staleness, and not made greasy, it is a very nourishing food. Hasty-puddens

made of it, are binding to a degree, and good in laxative cases and fluxes. The process of making starch from Wheat-flour, shews of what a glutinous nature it is. Greasy and doughy pye-crust seems to be no very digestible food, especially to weak stomachs.

Rice is still more viscous than wheat, and so more binding and windy; it is however very nourishing, when mixed with a watry menstruum or liquor; and should always be made thin; or the eaters of Puddens, &c. made of it, should dilute plentifully after feeding on them.

Oatmeal is the wholesomest of all grain. It is a light opening diet, and passes thro' all the capillaries or small vessels, without stopping 'em up. 'Tis good for asthmatical and phthical people, because it brings up their phlegm. 'Tis also good in vapourish constitutions, because it smooths and licks up the sharp humour in the bowels of such. Oatmeal and butter dry the scab on the head. outwardly apply'd.

Millet-seed is much used in puddens, but is a dry and glewy nourishment. Spices should always be mingled in these puddens, to correct the thickness, and carry off the windiness generated by this seed; 'tis however cleansing, and good in diseases of the kidneys.

Mays will not ferment so soon as other grains, and is therefore more viscous.

Pannick is opening, boil'd with milk, and tempers acrimony.

PULSE.

P U L S E.

*P*ease are all of them of a gross and windy nature, and the dishes and soups made of them, should be well season'd with hot spice for that reason, to avoid colicky disorders, When green, they are good for sharp and salt bloods, because they are sweet and smooth.

Beans, of whatever sort, are hard of digestion, and windy. They should be eaten with a good deal of spice, and drank plentifully after, that their mealy parts may not turn to a paste in the bowels or blood.

Kidney-Beans are mealy, but not so glewy and windy as the other sorts; but are apt to turn sour, and gripe. The flour of the common Beans is used much in poultesses, for different maladies. People of sedentary lives should not be too free with them, because of their viscosity.

N U T S.

*A*lmonds are nourishing, and contain much oil, which is good in consumptions, coughs, hoarsenesses, &c. They are used in our diet in many dishes, and creams and puddens of them are good for consumptive people; but are not convenient for hypochondriacks, and where the blood, as in cholerick persons, is already too oily. Almond milk, which is only Almonds blanch'd, and bruis'd in a mortar, with barley water, and sweeten'd gently, dilutes and tempers hot blood, and is much used in fevers; but it must be made fresh and fresh; for it will not keep.

Earth-nuts are nourishing.

Walnuts are nourishing, while fresh; gently sudorifick and anti-hysterick; but are prejudicial to the breast and head, when old. Other Nuts have the same qualities while fresh, and the same inconveniencies when otherwise; and *Small-nuts* old, are

bad, particularly for the lungs and breath. Yet some hold *Hazle-nuts* to be good against spitting of blood; though all Nuts are in the main hard of digestion.

Chestnuts are very gross and viscid; but where there is a good constitution, and no obstructions to be apprehended, they turn into good chyle and blood, especially in lean persons, and are thought to be good in female weakneses.

Pistachio's are nourishing and stimulating.

R O O T S.

*B*eat-roots boil'd, are loosening, cool, and smooth, provoke urine, temper hot and cholerick blood; and being assisted in their cooling property by vinegar, are good after a debauch, to refresh and cool.

Radishes are good for phthisicky persons, as they help expectoration; they are very diuretick, and good for dropfical legs, &c.

Horse-radish is good against the scurvy, dropfy, spleen, and phlegm; it thins the blood, expels gravel, and opens obstructions of the liver. It is to be eaten with vinegar, to temper its heat.

Pepperwort-root is better than horse-radish, lasts longer, is more warm, and should therefore be tempered with vinegar. 'Tis good in cold constitutions, in dropfical people, and asthmaticks, and effectually takes off the cold scurvy.

Garlick is good in splenetick constitutions, worms, inveterate coughs, and against the bite of a mad dog, taken inwardly. 'Tis pity its offensive smell should make it so obnoxious to *Englishmen*, who want it more than foreigners, and yet use it less. It has been found experimentally to be good in jaundices and dropfies, and in asthma's from cold phlegm.

Onions, Rocambole, Eschalots, Leeks, in an inferior degree partake of the qualities of garlick.

Parsnips are sweet, nourishing, and balsamick to the blood. They are diuretick, promote venery, provoke the menses, and are good in phlegmatick cases.

Turneps, when boil'd, are a sweet and smooth nourishment, for asthmatick and coughing people; they are however windy and cold, and not fit for very weak stomachs. The more they are boiled, the less windy they are, and easier digested. Syrup of Turneps has been recommended in consumptive cases, as the roots themselves, and juices of it, have also been; and it is indeed a balsamick thing; but, alas! not to be depended upon in so great a case, where so many intentions are to be answer'd. The syrup is also used often in the thrush in children; but may be made in some cases more successful by a little alum in the syrup; but this is not always proper neither.

Carrots are good in gravelly cases, are anti-acid and fattening.

Potatoes are proper for thin and hot constitutions; but not so for cold stomachs, or such as abound with phlegm; and the rather, as they are eaten with butter, which is clogging. But in general, they are a nourishing food.

Skirrets are useful in bloody urine, and spitting of blood.

Scorzonera is demulcent in the small-pox, measles, and pestilential fevers, and for gouty people. The express'd juice is better than the decoction.

Goat's-beard has most of the same qualities.

Celery is opening and diuretick; but bad in bloody fluxes.

HERBS.

Spinach is cooling and loosening, and tempers sharp, hot blood.

Mercury has the same qualities as *Spinach*, and as it keeps the whole year round, and is innocent, and carries itself off downwards, it is a wonder it is not gather'd, and kept the whole winter for boiling.

Asparagus relax and open, and promote urine. They are good in obstructions of the liver, and in scorbutick cases: Yet some suspect them to be hurtful to the kidneys.

Parsley is a good provocative in menstrual and urinal cases; it is also good against wind, helps asthmatics, and is of use in suppressions and coughs; but bad in bloody fluxes.

Cresses are very warm, provoke to venery, open obstructions, and promote the menstrual flux; the Indian *Cresses* are best, and are deemed good against the scurvy of our northern climate.

Endive or *Chicory*, is a very wholesome plant, a great cooler, and an opener, and therefore good in hot obstructions of the liver. The small degree of bitterness they have is very agreeable to the stomach, and not heating. Juice of *Dandelion* is a remedy in intermitting fevers.

Lettuces, of all kinds, are cooling and opening, and good after a debauch. They are good also for wet nurses, promoting milk, especially in warm constitutions. If too plentifully eat by those in years, they hinder the venereal appetite. Physicians hold, that the distilled water of *Lettuce* is a promoter of sleep.

Clary is good in colicky cases, strengthening the stomach, and promoting digestion.

Sage thins the blood, is good in most nervous cases, in palsies, lethargies,

Chargies, &c. and much used will cure the trembling of the hands.

Sorrel is useful in spitting of blood, and in a stinking breath.

Purslain is subacid and cooling.

Burnet is astringent, and is a good vulnerary.

Nettles are good against hæmorrhages, or inward bleedings.

For *Aromatick Herbs*, see *Spices*, in this Article.

For *Mustard-seed* see also *Spices*.

F R U I T S.

Apples cool and loosen, and help the appetite; but are not good for cold stomachs, says a good Physician: But hear what the eminent *Dr. Fuller* says of them, in his *Pharmacopœia*, p. 260. Of all the juices, says he, I account that of Apples, beyond compare, the best; because nature hath wrought it up to a much higher degree of generosity and maturity, than that of crude trashy herbs, which afford nothing of that delicate dulco-acid, aromatick, and odoriferous liquor issuing from some of our fine sorts of Apples, such as Kentish and golden-pippins, &c. They are not, however, fit for medicinal use, till they have been gathered a while, and sweat in a heap.

The best way is to eat them raw, or scoop out, and eat the pulp for a long course of time every morning.

Thus have they given more help to scorbutick and splenetick patients, (especially such as were of a hot, dry constitution, and apt to be costive) than any thing else the shops or fields could furnish out. I knew one that used to eat 30 every day for his breakfast. *Dr. Baynard* highly cries them up as a most noble pectoral, and cured himself twice of a

confirmed consumption by the use of them. So far *Dr. Fuller*.

Pears, the sweet ones are more loosening than apples; the rarter sort cool, and the harsh ones bind; they should therefore be eaten by persons according to their constitutions.

Quinces are gently astringent, and good in loosenesses, fluxes of blood, and for weak stomachs.

Olives, which we have always pickled in *England*, serve as a relish to carry slime off the stomach. The oil made of them tempers the acrimony of our humours, loosens our bellies, and if it agrees, fattens. But care must be taken that there be no obstructions. The oil and vinegar, which we are so apt to eat with our sallads, are not so wholesome as some think, because a balsam may be formed between them, that may not readily pass the veins. Persons who are apt to be swell'd at stomach, should forbear this mixture, and even oil at all.

Raisins and *Grapes*, are both laxative, and the latter are apt to occasion fluxes. In costive constitutions they are of service, occasionally eaten. Raisins are excellent in coughs depending on a sharpness of blood, and relieve hoarsenesses, and are good to sheath any acrimony in the juices. Dry'd Grapes are pectoral.

Prunes are apt to loosen and bring on fluxes, especially if plump and green, or fresh; but if old and dry, they are rather binding. Their juice cools, and helps appetite; but great care is to be taken to avoid too liberal an use of them.

Peaches, used before a meal, will serve to create an appetite; after a meal, to keep the body open; and are pectoral. Cold constitutions how,

however should not touch them at all; and hot ones with moderation; especially of those that are produced in the latter season of the year.

Abricots, Plums, Nectarins, &c. are pleasant and grateful to the palate, and moderately eaten will do no harm.

Strawberries are cooling and diuretick, and therefore an infusion of them may be of service in the gravel. But women eating of them too greedily at a certain time, may endanger the stopping of the course of nature. They agree with most palates, and as they gratify thirst, and cool the tongue, a moderate use of their juice may be allowed in burning or bilious fevers, mix'd with juice of lemon and spring-water. The seeds obtained by shaking the ripe fruit in water, are excellent in the stone.

Raspberries also raise an appetite, and, like mulberries, cool and refresh warm and hot blood.

Currans are a wholesome fruit, and cooling; and cut phlegm, &c. The rob or jelly of Currans is a most excellent drink, mixed with water, in a bilious fever.

Gooseberries, if not full ripe, are apt to gripe, and no way so wholesome and pleasant as currans.

Cherries are cooling and laxative. Their kernels are good for the gravel in the kidneys.

Oranges, Seville, are an excellent remedy in the dry scurvy.

Citrons and Limons are more cooling than Oranges. Sour Limons are somewhat styptick.

Melons, Pompions, Gourds, Cucumbers, contain a cooling juice, with nitrous salt; that of *Melons*, and the *Ananas*, is rich and cordial; they are diuretick; and there are instances, when eaten in great quantities, that they have produced

bloody urine. They ought to be taken fasting.

The juice of *Cucumbers* is too cold for some stomachs, and ought not to be taken by such as have thin and poor blood. The juice of an unripe *Cucumber* is purgative. *Cucumbers* are useful in bloody urine; but are as bad as poison to be eat when hot by exercise, &c.

Pomegranates, the juice of them is styptick, and very cooling.

Barberries, Medlars, Cornelians, Cherries, are all beneficial in bloody fluxes.

Tamarinds are cooling and astringent, yet laxative to the lower-belly.

Figs are great subduers of acrimony, useful in hoarseness and coughs, extremely emollient; and by relaxing the urinary passages, diuretick, and useful in bloody urine; it has been always believed, that the immoderate use of them generates lice.

All PICKLES are astringent; especially *Samphire*.

Capers, as we have them, are bad in the menses, and in hypochondriack cases; and may be looked upon as little unwholesome sponges full of vinegar. They are however said to be astringent and diuretick.

Truffles are heating.

Morelles have some of the same qualities.

Mushrooms are made agreeable enough to the taste, but are too earthy for common food; they are hard of digestion, and harder still when pickled. Luxury may say more in their behalf than true use or wholesomeness can. Some of them being poisonous, make the rest suspicious. See *Pepper*, p. 11.

Water, after a surfeit of fruit, is much better than wine or spirituous liquors. See the Article *Herbs*.

AROMATICK HERBS; as

Thyme, Savoury, Marjoram, Rosemary, Basil, Mint, Orange and Lemon-peel, Fenel, Chervil, are balsamick, warm, and stimulating, and good in phlegmatick and cold constitutions.

Mustard-seed (which on account of its hot nature, we rank in this place) infused in wine or beer, is good in dropfical cases; also in the curvy, and shortness of breath: Is an excellent stomachick, is good in croupy constitutions, in agues, in female obstructions, in colds, hoarse-ness, phlegm, &c. But yet it may be used too much; in which case it will dry the blood, and by carrying off the thinner parts, leave the grosser behind in the vessels; and so destroy the end it was designed to promote: In short, Mustard, Horseradish, Radishes, and Cresses, are deemed fitter for old people, and cold constitutions, than the young and sanguine.

P L A N T S.

Cole, Cabbage, Coleworts, are soft and demulcent without acidity. The jelly or juice of red Cabbage, baked in an oven, and mixed with honey, is an excellent pectoral.

Hops is a wholesome ingredient in an English brewery, and is far from giving the stone, as some have fondly believed. Ale well brew'd with Hops, and the bitterer the better, is a wholesome liquor for hypochondriacks and scorbuticks. Hops help to purify and thin the blood, to correct acids, open obstructions, promote urine, and carry off gravel, and help the appetite.

S P I C E S; as

Cinamon, Mace, Nutmegs, Cloves, Ginger, Pepper, are all heating; and Spices are bad for melancholy

persons; but generally very useful and agreeable to cold constitutions, if moderately used.

Pepper is a wholesome ingredient in pease-soup, fish, oysters, eggs, milk, or any diet of a glewy nature; but care must be used not to take too much, which will inflame, and perhaps corrode the stomach. It is properly used, in colicky cases, and in sourness in the stomach; but not too freely at once; it has put off a fit of an ague, swallowing six or eight corns an hour or two before: But as it inflames all those humours it can't carry off, care must be taken, that by too much freedom with it, an ague is not blown into a continual fever. It is also good against the poisonous effects which sometimes follow the eating of mushrooms; also in cases where opium has produced ill effects; and has cured children who have been busy with the poisonous berries of night shade, being administered in all they take after the berries are vomited up.

Cloves are good against wind in the stomach; they corroborate the nerves, and all nervous parts, such as the stomach, the bowels, and womb; and by a discreet and frequent use are good in the whites, and other feminine disorders, taking a little of the powder in a glass of red wine, now-and-then, occasionally, as they are affected.

Ginger is good in colicky and sour humours, in windy and asthmatick cases, if not inflammatory. It opens the obstructions of the nerves and womb; is good in cold palsies; but in hectic dispositions, or in case of bleedings, must be avoided. Yet it is one of the wholesomest of the Spices.

Sugar, notwithstanding its frequent use, has an acidity in it, that makes

makes it mischievous to splenetick people, to hysteric women, to children; and in convulsive and epileptick cases. Volatile spirit of hartshorn should be often used in water, to prevent the bad effects of this quality.

Thus far for this first Article ALIMENT at present. See more under the Articles *Constitutions, Diet, Digestion, Evacuations, Mastication, Perspiration, &c.* We shall now proceed to others, in Alphabetical Order.

ACIDS and ALKALI.

ACIDS are all liquors and substances, which being composed of pointed particles, affect the taste in a sharp and piercing manner. The common way of trying an Acid, is by mixing it with syrup of violets, which it turns red; but if it inclines to an Alkali, its opposite, it changes the syrup green.

ALKALI is the opposite quality to

Acid; it is generally taken to mean all such bodies as will ferment with Acids; but more properly belongs to such salts as are made by reducing a body to ashes by the action of fire, and which are sometimes therefore called *lixivate* or *fixed salts*. The extremity of Alkali is *putrefaction*.

ACUTE Diseases. See *Chronical*.

AGUES.

IN the management of this troublesome disease, we ought not immediately to have recourse to the bark; but should either give a dose of physick, or a vomit before it, and suffer three or four fits to pass over before it be given. A slight or beginning Ague has sometimes yielded to a quantity of mustard taken before the fit, which has been prevented by it; and a few grains of pepper have had the same effect: But these hot things must be cautiously used, for fear, if the blood be loaden with feverish matter, a continued fever should be blown up by them. An eminent Physician tells us, that a beginning Ague has been cured by coffee, which he observes is neither too hot nor too cold for the distemper, and also an intermitting fever: I shall give it in his own words: "Coffee, says he, if drank very hot, does not only sooth the violent anguish that persons suffer

" during the cold fit, but it even
" has been known to cure some
" so perfectly, that, taken at the
" beginning of the fit, whenever it
" first seized them, and continuing
" so to do for some time, the fits,
" at last, returned not at all. And
" when the matter of these Agues
" is not in great quantity, a small
" number of dishes, at proper dis-
" tances, will serve the turn, and
" will so help digestion, as to cor-
" rect the remainder of the deprav'd
" juices, that they can't rise into a
" fit. Thus did a certain man of
" skill treat himself, who was at-
" tacked with an intermitting fe-
" ver, which made him nauseate
" both victuals and drugs. Bleeding
" and physick had been repeated
" till he determined to take no
" more, come what would. He
" had a liking to coffee, and knew
" it digested crudities in the sto-
" mach and blood, and took off
" viscidities; and fancying his blood
" was

was too viscid, he betook himself to coffee, as a diet, as well as for a remedy, he believing the intermission was the properest time for taking it; and he stuck close to it: He was not wrong in his conjectures; for it relieved, and then cured him." Thus much for beginning Agues, &c.

We have mentioned, that a puke or a dose of physick is proper to precede the use of the bark; and shall add, that the puke may be given, if the sick complain of any heaviness, fulness, or loathing at stomach; and may consist of one scruple of the Indian-powder, which is a proper dose; and drink carduus benedictus plentifully upon it. A purge is necessary where the blood is vitiated, and changed by some deprav'd humours, and in an ill habit: In which case, a gentle dose of senna or rhubarb, on the day of the intermission, will be proper.

After these discharges, the jesuits-bark may be entered upon in the following manner: *viz.*

Take milk-water three ounces; compound piony-water three drachms; syrup of limons half an ounce; elixir of vitriol six drops; powder of the Peruvian-bark one drachm: mix, and make a draught to be taken every fourth hour out of the fit, or in the remissions; and continually repeat it for 18 or 20 doses, or till the fever disappears; if the Bark occasions a looseness, add eight drops of Sydenham's liquid laudanum, to every third draught, until it is stopped.

Or, Take jesuits powder one drachm; salt of steel two grains; cinabar of antimony six grains; syrup of clove july-flowers, as much as suffices to make a bolus: To be taken and repeated every fourth hour in the intervals of the fever,

drinking upon it six spoonfuls of the following julep, *viz.*

Take mint-water four ounces; alexiterick milk-water three ounces; plague-water two ounces; spirit of hartshorn 20 drops; sugar as much as will sweeten it.

When the fever is taken away, and there is no fear of its return, as the bark often leaves a sort of fulness at stomach, from its styp-tick particles, it can't be amiss to give the following mixture to relax and loosen the belly:

Take oil of almonds an ounce an half; syrup of solutive roses an ounce; chymical oil of mace two drops: mix, and make a draught to be taken once a-day for a while.

An eminent physician advises the taking of the bark, in the marshes of Kent, where an Ague is the reigning disease, as follows:

Take jesuits-bark in fine powder one ounce; salt of steel and Jamaica-pepper, a quarter of an ounce of each; melasses four ounces; mix together, and take the quantity of a nutmeg three times a-day, when the fit is off, and a draught of ale or white-wine after it: And he observes, that common green copperas is better salt of steel than any chymist can make.

To this article we shall add the following receipts, which have been all approved in different cases and constitutions.

An almost specifick Medicine for Agues.

TAKE resin of scammony twelve grains; diaphoretick antimony, and crystals of tartar, of each eight grains: mix these carefully, and give them for one dose, an hour before the fit comes.

A choice Medicine for Aguish Distempers.

TAKE salt of wormwood 15 grains; crabs-eyes, or powder of crabs-claws simple, eight or ten grains; mix these well, and give them in two or three spoonfuls of some cordial water.

An experienced Receipt for an Ague.

BEAT a head of garlick in a wooden dish; then beat some red sealing-wax to a fine powder, and mix it together; spread it on a square piece of leather; and when you find the ague fit begin to come, lay it on the veins on both wrists, and keep them on for nine days without washing your hands.

A Plaister for the same.

TAKE olibanum in powder one drachm; white amber prepared two scruples; mastich in powder Venice turpentine, of each one drachm; common turpentine two ounces; bitter almonds powdered, four, which make into a plaister to be spread upon leather; apply it to the wrists, and leave it there nine days without washing the hands.

Another.

TAKE Venice turpentine-olibanum each one ounce; smallage and rue each one handful; pound the herbs, mix all together, and lay it to the wrists an hour before the fit comes.

For an Ague or Intermitting Fever.

TAKE five-leav'd grafs in July; dry it in the sun; powder it, and sift it; take twenty or twenty-five grains an hour before the fit, for three fits, in a spoonful of white wine; drinking a little wine after it. Take a vomit before you use it.

An excellent Medicine for Agues, especially Tertians.

TAKE salt of wormwood one drachm; juice of limons, compound wormwood water, each one ounce; cochineal, chamomile flowers, powdered, each two scruples; mint-water, two ounces; syrup of limons, six drams; mix two spoonfuls to be taken every three, four, or five hours, (after the fit is off) so that the whole may be taken before the expected return of the fit.

For an Ague.

TAKE jesuits-bark in fine powder, six drachms; syrup of cloves, two ounces; strong cinamon water, three ounces; milk water, twelve ounces; elixir of vitriol, forty drops, mix; take six spoonfuls every three or four hours; shake the bottle well before you use it.

Another.

TAKE salt of wormwood, fifteen grains; tartar vitriolate, half a scruple; mix them, and give them in a few spoonfuls of Rhenish wine, or some other convenient vehicle, either before the fit, or at some other time, when the stomach is empty.

An Infusion for an Ague.

TAKE powder of the Peruvian (jesuits) bark two ounces; Rhenish wine a quart; let them stand some time; and strain through a woollen cloth: Take three ounces every four hours.

For the Tertian Ague.

TAKE Virginia snake-weed in powder fifteen grains; white-wine three ounces: Take it two hours before the fit, and keep warm, and sweat three or four hours; repeat it the following fit days.

An

An Electuary for intermitting Fevers and Agues.

An excellent Remedy for Agues, which has been often tried with good Success.

TAKE jesuits bark finely powdered one ounce, snake-root, lit of wormwood, of each onerachm and a half; diacodium one ounce; syrop of clove julyflowes enough to make an Electuary: take the quantity of a chesnut every four or five hours when the is off.

TAKE black soap, gun-powder, tobacco and brandy, of each a like quantity; mix them well together, and three hours before the fit apply it to the patient's wrists: keep it on a fortnight.

A I R.

THE celebrated Dr. Cheyne gives the following general rules relating to this article:

1. He says, that the healthiest situation for a seat is in a *champaign* country, or on the *sie* of a small eminence on a *gravelly* soil, with *southern* or *western* exposition; alter'd from the *north* and *east* ends, distant from any great *concourse* of waters, or any great *mines* or *beds of minerals*, where the wa- is *sweet, clear, light, soft, and* *deless*.

2. Tender people, on the setting of *easterly* and *northerly* winds, ought to change their bed-rooms to others of *westerly* and *southerly* winds, and the contrary in wet seasons.

3. Those who have been much exposed to, or long abroad in, *east-* or *northerly* winds, should drink some thin or warm liquor going to bed.

4. When the dark, dull, foggy weather lasts at *London* in winter, tender people, and those of weak *livers* and *lungs*, ought either to go into the *country*, or keep much at home in warm rooms, go early to bed, and rise betimes.

5. Valetudinary people ought to keep their servants, children, and fellows, or those they continually

approach and converse with, sound, sweet, and healthy; or ought to remove them till they are so, if they are otherwise.

6. Every one, in order to preserve their health, ought to observe all the cleanness and sweetness in their houses, cloaths, and furniture, suitable to their condition.

See *Beds*.

Lord Bacon proposes for the tasting of *Air*, as he calls it, in order to discover the wholesomeness, or otherwise, of a place where to chuse a habitation, to observe whether pies or comfits will be liable to gather mouldiness sooner than usual. And a piece of fish, or raw flesh being hung up, and more or less liable to corruption, he says, will serve for a better divination of seasons, than the figures of astronomers; and of consequence for pointing out the places where a man would chuse a dwelling.

The aptness or propension of Air or water, he says, to corrupt or putrify, no doubt is to be found before it break forth into manifest effects of diseases, blasting, or the like: We will therefore, adds he, set down some prognosticks of pestilential or unwholsome years.

1. The wind blowing much from the south, without rain; and worms in

in the oak-apple: also plenty of frogs, grasshoppers, flies, and the like creatures bred of putrefaction, portend pestilential years.

2. Great and early heats in the spring, and namely in *May*, without winds; and generally, years with little wind or thunder, portend the same.

3. Great droughts in summer, lasting till towards the end of *August*, and some gentle showers upon them, and then some dry weather again, portend a sickly summer the year following. For about the end of *August* all the sweetness of the earth, which goeth into plants and trees, is exhaled; and much more if the *August* be dry; so that nothing then can breathe forth of the earth but a gross vapour, which is apt to corrupt the Air: And that vapour, by the first showers, if they be gentle, is released, and cometh forth abundantly: Therefore they that come abroad soon after these showers, are taken with sickness; and in *Africk* nobody will stir out of doors after the first showers. But if the showers come vehemently, than they rather wash and fill the earth, than give it leave to breathe forth presently. But if dry weather come again, then it fixeth and continueth the corruption of the Air, upon the first showers begun, and maketh it of ill influence even to the next summer; except a very frosty winter discharge it, which seldom succeeds such droughts.

4. The lesser infections of the small-pox, purple fevers, agues in the summer preceding, and hovering all the winter, portend a pestilence in the summer following; for putrefaction doth not rise to its height at once.

5. It were good to lay a piece of raw flesh or fish in the open

Air; and if it putrefy quickly, it is a sign of a disposition in the Air to putrefaction. And because you cannot be informed whether the putrefaction be quick or late, except you compare this experiment with the like experiment in another year; it were not amiss, in the same year, and at the same time, to lay one piece of flesh or fish in the open Air, and another of the same kind and bigness, within doors; for I judge, says he, that if a general disposition be in the Air to putrefy, the flesh or fish will putrefy sooner abroad, where the Air hath more power, than in the house, where it hath less, being many ways corrected. And this experiment should be made about the end of *March*, for that season is likest to discover what the winter hath done, and what the summer following will do upon the Air. And because the Air, no doubt, receiveth great tincture and infusion from the earth, it were good to try that exposing of flesh or fish both upon a stake of wood, some height above the earth, and upon the flat of the earth.

6. Take *May* dew, and see whether it putrefy quickly or no; for that likewise may disclose the quality of the Air, and vapour of the earth, more or less corrupted.

7. A dry *March*, and a dry *May* portend a wholesome summer, if there be a showery *April* between; but otherwise it is a sign of a sickly year.

8. As the discovery of the disposition of the Air is good for the prognosticks of wholesome and unwholesome years; so it is of much more use for the choice of place to dwell in; at the least for lodgings and retiring-places for health; for mansion-houses respect provision

as well as health, wherein the above experiments may serve.

9. But for the choice of places or seats, it is good to make trial, not only of aptness of Air to corrupt, but also of the moisture and dryness of the Air, and the temper of it in heat or cold; for that may concern health diversely. We see there are some houses wherein sweet-meats will relent, and baked meats will mould more than in others, and wainscot will also sweat more; so that they will almost run with water: All which, no doubt, are caused chiefly by the moistness of the Air in those seats. But because it is better to know it before a man buildeth his house, than to find it after, take the experiments following.

10. Lay wool, or a sponge, or bread, in the place you would try, comparing it with some other places, and see whether it doth not moisten, and make the same more ponderous than the other; and if it do, you may judge of that place as situated in a very gross and moist Air.

11. Because it is certain, that in some places, either by the nature of the earth, or by the situation of woods and hills, the Air is more unequal than in others; and inequality of Air is ever an enemy to health; it were good to take two weather-glasses, matches in all things, and to set them, for the same hours of the day, in several places, where is no shade or inclosure, and to mark, when you set them, how far the water cometh; and to compare them when you come again, how the water standeth then: And if you find them unequal, you may be sure that the place where the water is lowest, is in the warmer Air; and the

greater the inequality be of the ascent or descent of the water, the greater is the inequality of the temper of the Air.

The reason why aches, hurts, and corns grieve men towards rain or frost, is, that the one maketh the humours abound more, and the other makes them sharper; so we see both extremes bring the gout.

Airs proper for consumptive people, or upon recovery of long sickness, are, generally, plain campaigns, but grassy, and not overgrown with heath, or the like; or else timber-shades, as in forests, &c. Groves of bays do also prohibit infectious Airs; and hence the Air of *Antiochia* was accounted wholesome. Some soils there also are which spontaneously produce odorous herbs, as wild-thyme, wild-marjoram, penny-royal, chamomile, and in which the bryar-roses smell almost like musk-roses; which are questionless signs of an excellent Air.

To have the benefit of good Air, low-roof'd rooms should always be avoided, or such as are full of windows and doors; for the one makes the Air close, and not fresh, and the other greatly unequal, which is a great enemy to health. Nor should the windows be high up to the roof, as is often done for beauty and magnificence, but rather low. Neither are stone-walls so wholesome as timber or brick; and it has not been amiss in some gentlemen, who have built even with brick, to make their walls thick, and put a lay of chalk between the bricks to take away dampness.

ANASARCA.

See *Dropsy*.

St. ANTONY's FIRE.
See *Cutaneous Distempers*.

ANXIETIES.
See *Fever*.

A P O P L E X Y

DERIVES its name from a Greek word signifying *to strike*; because persons are, as it were, suddenly struck with death. It is a sudden abolition of all the animal functions in the whole body; only the pulse moves, and they snort strongly, and neither feel nor move. This is one of the quickest and most dangerous of all diseases; and as a *Lethargy* is a distemper ally'd to it, and is to be treated not unlike an Apoplexy, we shall, to avoid multiplying heads, have respect to both maladies in the method of treating them.

The fit must be immediately attacked with taking away a large quantity of blood, according as the circumstances of the case shall indicate; and especially if the veins be full, and the strength and age of the patient will bear it. If plentiful bleedings are not so proper, cupping-glasses near the neck may be apply'd: Blisters also to the neck and head are highly proper, also strong frictions or rubbings, as also pulling, haling, shaking, or any noises, that may serve to rouse the patient. Volatile medicines must be plentifully administer'd, even almost to the kindling up of a fever: And medicines by the nose and mouth, glisters and vomits, are to be made use of on the occasion: For example,

To be held to the *nose*.

The smoke of burnt rags held under the nose has often been of service.

Take spirit of salt armoniack two scruples, tincture of castor one scruple; mix.

To be given by the *mouth*, a spoonful at a time often, the following mixture:

Take rue and penny-royal waters, of each two ounces; hyssick water one ounce; piony-water six drachms.

For a *Glisten*, to be thrown in frequently.

Take piony-root one ounce; sage and rosemary-leaves, of each half an ounce; lavender-flowers and chamomile-flowers, cardamum and fenel-seeds, of each two drachms; boil them in a sufficient quantity of water; and to 10 or 12 ounces of the strain'd liquor, add tincture of hiera picra two ounces; oil of amber three drachms: mix, and make a glisten, to which add a spoonful of common salt.

For a vomit, if a vomit be thought proper, (for in some cases it is not)

Take emetick tartar four or six grains, black cherry-water an ounce and half; oxymel of squills half an ounce: mix.

Or, Take vomiting wine six drachms or one ounce, according to the age and strength.

The fit being ended, to prevent a return, which would be fatal, *purgatives* are of great use.

Take barley cinamon-water two ounces; rue-water one ounce; extract of Ruidus 25 grains; make a mixture to be taken in a morning, and repeat it once a week. Also,

Take tartar pills of Bontius one scruple; mercurius dulcis 10 grains; oil of cloves three drops; of which make five or six pills to be taken in a morning once a week.

Snuff

Snuffs to draw phlegm from the nostrils should also be used; for which intention,

Take rosemary-flowers and flowers of lily of the valley, of each one drachm; marum Syriacum two drachms; white hellebore-root in powder 10 grains; mineral turbith 10 grains: mix for a snuff, of which take a pinch in the morning, keeping warm after it.

In the time of the fit blow a little up each nostril thro' a quill.

To arm still further against a relapse, remedies to strengthen the brain must be given: Any of the following are good:

Take volatile salt of amber one scruple; powder for the epilepsy (called *ad guttetam*) one drachm; elk's-hoof in powder a scruple; conserve of rosemary-flowers half an ounce; syrup of steel what is sufficient to make up a mass, to be divided into five bolus's; of which take one every morning and evening; drinking after it a draught of the following infusion, of the quantity of three or four ounces:

Take lavender-tops and rosemary-flowers, of each two drachms; mustard-seed one drachm; rue-water 10 ounces; compound piony-water two ounces: mix.

Or, Take gum-ammoniac and assa-foetida, of each half a drachm; balsam of Peru as much as will make 14 pills; of which take three morning and evening, drinking after them three ounces of the following cordial julep, *viz.*

Take rue and black cherry-water, of each four ounces; Dr. Stevens's water two ounces; spirit of lavender two drachms; sal volatile oleosum one drachm; sugar what suffices.

It would be also proper to rub the head all over with the follow-

ing liniment, and to wear a paper cap after it:

Take tincture of castor three drachms; chymical oil of nutmegs and mace, of each one scruple: mix. Or rub the head all over with apoplectick balsam.

It is proper to observe, that the food ought to have no fours in it; and milk-meats, rice, and puddens, and all viscid, should be avoided: and they may eat all things season'd with pepper, ginger, nutmegs, mace, cloves, mustard, garlick, onions, &c.

The causes of this disease are a particular conformation of the body; as, a short neck, a gross, plethorick, fat constitution; whatever hinders the motion of the blood through the arteries of the brain, as polypose concretions, especially about the heart, attended commonly with an unequal pulse, a vertigo, and sometimes a momentary loss of the eye-sight; an inflammatory and coriaceous thickness of the blood, preceded by a fever, attended with the head-ach, redness of the face and eyes; old age, attended with a glutinous, cold, catarrhus, leucophlegmatick constitution; in such, the fore-runners of an Apoplexy are dulness, inactivity, drowsiness, sleepiness, slowness of speech, and giving answers, vertiges, tremblings, oppressions in sleep, night-mares; weakness, wateriness, and turgidness of the eyes; pituitous vomiting, laborious breathing upon the smallest motion; whatever compresseth the vessels of the brain, so as to stop the flux of the animal spirits and blood; a great fulness of blood, with its velocity, increas'd by heat, violent motion, a high diet, spirituous liquors, tumours of any kind; within the skull a partial and imperfect

circulation of the blood towards the lower parts; the effusion and pressure of any serosity or blood upon the ventricles of the brain, (which is the most common and immediate cause of Apoplexies) violent passions and affections of the mind. The immediate forerunners of an Apoplexy are commonly a vertigo, staggering, loss of memory, stupor, sleepiness, a noise in the ears, and a more deep and laborious breathing; these last symptoms commonly precede an Apoplexy, but they are likewise common to it with other nervous and hysterical distempers.

Attention to the foremention'd symptoms, affords the best cautions and rules of living by way of prevention; for when it has taken place, *Hippocrates's* prognostick is generally true, That it is very hard to resolve a small Apoplexy, and quite impossible to resolve a great one; the gentlest kind of this disease is often taken off by sweating.

The applications in the fit are of the medicinal kind, it being too acute a disease to admit of any helps from diet, but that may be of great use for prevention; a thin, slender, cool, regular diet, opposite to the particular symptoms above-mention'd; frequent and copious bleeding; keeping the belly always open; stimulating substances, which have been thought beneficial, in this case very often hurt, by forcing the blood too much up to the head. Vomiting may prove extremely pernicious; but the regimen is to be varied according to the cause of the disease, which may be collected from the constitution of the patient in these Apoplexies, which depend upon a sanguineous cause. The regimen prescrib'd in sanguine constitutions (see

Constitutions) is proper. Fat and phlegmatick people, who are very subject to this disease, ought to attend to the rules prescribed in their case (see *Constitutions*); and as there are Apoplexies from inveterate gout, (see *Gouts*) the regimen of such must be different from both, the intention being to translate the morbid matter upon the extremities of the body.

Those who have a disposition to this disease ought never to go to bed with a full stomach, nor to lie with their head low.

An Apoplexy is resolv'd by a fever, and when not fatal, terminates in a palsy. See *Palsy*. See also *Catalepsis*.

CATALEPSIS.] This is a kind of Apoplexy, wherein the patient is suddenly seized without sense or motion, and remains in the same posture in which the disease seizeth him, the muscles remaining in the same tension. Violent fevers in strong, atrabilarious, dry constitutions has produc'd this distemper; the diet, after the fit is off, ought to be moistening and relaxing.

LETHARGY] Is a lighter sort of Apoplexy, and demands the same cure and diet as an Apoplexy from a phlegmatick case, such being the constitution of the lethargick. See *Epilepsy*, *Palsy*.

The following Recipes, which have been approved in particular cases, will supply what we have further to add on this important article.

For a Lethargy.

TAKE the water of black cherries, rue, walnut, simple, of each three ounces; compound piony-water two ounces; castoreum (tied in a bag, and hung in the glass) two drachms; sugar three drachms; mix,

mix, and make a julep; give four or five spoonfuls every third or fourth hour, taking at the same time a paper of the following powder:

Take powder of male piony-roots, man's skull, Virginia serpentry-roots, contrayerva, of each a drachm; bezoar, pearl, of each half a drachm; coral prepar'd a drachm; make a powder of them, divide it into twelve papers.

A sneezing Powder for a Lethargy.

TAKE marjoram, rosemary, betony, flowers of lily of the valley, of each three drachms; nutmegs two drachms; volatile sal armoniack one scruple; sweet-scented tobacco, in fine powder, half an ounce: mix them all together, and make a fine powder; keep it close stop'd in a bottle for use.

A quilted Cap for the Apoplexy.

TAKE Spanish angelica-root two drachms; Florentine orice one drachm; ginger, zedoary, long pepper, nutmeg, of each half a drachm; marjoram, mint, rosemary-flowers, lavender, of each half an ounce; make a powder, and sew them in silk, and wear it on the head shaved. Bathe the head with Hungary water, and compound spirit of lavender a like quantity.

To prevent a Relapse of an Apoplexy.

TAKE of the pills cochia the greater, two scruples; once every third day, at four of the clock in the morning, and sleep after them; repeat it six times.

Tablets for the same.

TAKE ambergris half a drachm; distill'd oil of aniseeds, cinnamon and nutmeg, of each two drops; oil of cloves one drop; sugar dissolved in orange-flower wa-

ter, as much as sufficeth to make tablets. Let the patient eat one at pleasure.

Emulsion for the Apoplexy.

TAKE piony-seeds husk'd one ounce; distill'd waters of rue, black cherries, and compound piony-water, of each six ounces; pearl-sugar one ounce and a half; make an Emulsion; drink at pleasure.

A Plaister against an Apoplexy.

TAKE galbanum, opopanax, of each two drachms; pellitory of Spain, and castor, of each one drachm; oil of amber one scruple; Venice-turpentine a sufficient quantity to make a plaister; which spread on a thin leather, and lay it on the head, fresh shav'd, so as to cover it all over.

A Cataplasm for the same.

TAKE fresh briony-roots three ounces; mustard-seed, black soap, of each one ounce; cantharides (Spanish flies) six drachms: make it into a consilience with a sufficient quantity of vinegar; spread it upon a cloth, and lay it all over the head.

A powerful Application to prevent and check the Apoplexy.

MAKE an issue at the meeting of the futures, and keep it open for a good while: But if the case will not admit delay, clap on a good cupping-glass, without scarification, or with it, as need shall require, upon the same concurrence of the futures.

A Glyster, good in an Apoplexy, Lethargy, Coma, and Palsy.

TAKE pellitory of Spain half an ounce; coloquintida (tied up in a rag, or else it will gripe) half a
B 3 drachm;

drachm; ru: two handfals; boil in water to ten ounces; and to the strain'd add infusion of crocus metallorum one ounce; tincture of castor half an ounce; salt gem, oil of amber, each two drachms; mix.

If it stay not with the patient, it must be repeated again: for it is no unusual thing in these

cases, for Glysters to slip away presently, by reason that the intestines, having their fibres benumbed, and paralytically relaxed, lose their retentive faculty.

See *Constitutions, Epilepsy, Hypochondriack Disorders, Head-ach, Palsy, &c.*

A P P E T I T E.

APPE TITE, Lord Bacon says, is chiefly moved by things cold and dry; for cold is a kind of indigence of nature, and calleth upon supply; and so is dryness; and therefore all four things, as vinegar, juice of lemons, oil of vitriol, &c. provoke Appetite; and the disease called *Appetitus Caninus*, consisteth in the matter of an acid and glassy phlegm in the mouth of the stomach.

Another reason why four things move the Appetite, is, because they induce a contraction in the nerves placed in the mouth of the stomach, which is a great cause of Appetite.

Onions, salt, and pepper also, in baked meats provoke the Appetite, by vellicating of those nerves; for motion whetteth.

Wormwood, olives, capers, and such-like, which participate of bitterness, also move the Appetite, by abstersion. So that there may be said to be four principal causes of Appetite. The refrigeration of the stomach, joined with some dryness; contraction; vellication; and abstersion. Besides hunger, which is an emptiness; and yet over-fasting many times suppresses the Appetite, because it makes the stomach draw humours; and especially such as are light and cholerick, which quench Appetite most.

The following of the plough hath been approved for refreshing the spirits, and procuring Appetite: But to do it in the ploughing for wheat or rye, is not so good, because the earth hath spent her sweet breath in vegetables put forth in summer. It is better therefore to do it when barley is sow'd.

But because ploughing is ty'd to seasons, it is best to take the benefit of the air of the earth new-turn'd up, by digging with a spade; or, if that be too tiresome and laborious, to stand by him that digs.

Ladies may receive great benefit by kneeling on a cushion and weeding; and these things may be practised in the best seasons, which is ever the early spring, before the earth weakens her virtues by putting forth her vegetables; and in the sweetest earth that can be chosen, and when the dew is a little off the ground, for fear of too moist a vapour. This excellent author says, he knew a great man that lived long, who had a fresh clod of earth brought to him every morning as he sat in his bed, and he would hold his head over it a pretty while; and if, says he, in digging of new earth a little Malmsey or Greek wine were poured in, that, joining with the vapour of the earth, would still more comfort the spirits.

A bitter Decoction to strengthen the Stomach, and restore the Appetite.

TAKE roots of calamus aromaticus, Spanish angelica-root, of each one drachm; gentian-root two drachms; tops of centaury, Roman wormwood, of each one drachm; coriander-seeds half a drachm; just simmer them together in a pint of

spring water; then strain, and add of compound gentian-water four ounces; make four doses of it; drink in the morning fasting, and at five of the clock in the afternoon, and eat nothing till an hour after.

See *Aliment, Diet, Digestion, Exercise, Herbs, Stomach, &c.*

A S C I T E S.

See *Dropfy.*

A S T H M A.

THE word is derived from the Greek, and signifies to *breathe with difficulty*. 'Tis a dangerous disease at all times, but mostly so, where the want of relief, and necessities of life, are superadded. Cold gives an Asthma to persons inclined to it, and care should always therefore be taken to avoid catching cold. Physicians enumerate several sorts of Asthmas, which differently affect the patients: Asthmatics from phlegm, for example, are held continually; whereas those that are hysterical, or hypochondriacal, are affected periodically. Continual Asthmas have, 'tis true, periods, which happen upon any outward occasion of excessive motion, upon drinking too freely, upon cold, or moist weather, &c. but then these may be called accidental. A convulsive Asthma, is a third sort, and happens when the muscles destin'd for respiration are contracted; when it comes in unexpectedly, and retreats in an instant, without cough or spitting; and the patients, one moment struggling for breath and life, are the next deemed out of all danger, till the return of the fit. The humid Asthma, is another sort, and often keeps regular periods, but not constantly, because it depends upon diet, motion, drinking, heating the blood, &c. It has been al-

ready said, that every species of an Asthma is dangerous; but they are more so in such as have been often subject to them, and persons in years, than to such as have youth of their side, and who have had few or no fits before; and who by early care in managing themselves in diet and remedies, may get the upper-hand of their disorder with the greater ease. However, their youth sometimes makes such liable to Pleurifies, accompanying the Asthma, and then 'tis not a little dangerous.

If cold has been the occasion of this disease, it will be necessary to bleed, and that, as the case may require, repeatedly. When the shortness of breath is abated by this evacuation, toast and water, decoctions of liquorice, and apple-whey, cool and hinder the blood's rarefaction, promote urine, by their quantity, and refresh. If a cough and spitting be to be promoted, oily medicines are good, as butter'd liquors; and decoctions of figs are to be plentifully taken: And when all is spit up that is necessary, and nothing remains but to remove a troublesome cough, and procure rest, six drachms of syrup of white-poppy, given in any liquor at bed-time, will generally procure that effect. Their diet must

be of flummery, jellies, thin broths, sack-whey, and poached eggs. Thus far in general, as to an Asthma occasioned by cold, &c. The following Recipes may suit more particular cases.

For an Asthma.

TAKE a quart of spring water, put to it two spoonfuls of cuttings; three cloves of garlick; boil it till it comes to a pint; eat it in the morning instead of water-gruel.

A Mixture for an Asthma.

TAKE oxymel of squills two ounces; barley cinamon water four ounces, mix; take three or four spoonfuls every morning.

Pills for an Asthma.

TAKE squills dried and powdered; gum ammoniacum, of each half a drachm; flowers of benjamin one scruple; balsam of sulphur with aniseeds, enough to make twenty-four pills; take three twice a day in any liquor.

An Electuary for the Asthma.

TAKE honey purified four ounces; liquorice-powder half an ounce; elecampane, aniseeds, flower of sulphur, of each three drachms: mix. Take the quantity of a large nutmeg, three or four times a-day. It is cheap, and often used with success.

A Bolus for a moist Asthma.

TAKE mustara-seed powder, and brimstone, of each half a drachm; turpentine what suffices to make two bolus's.

A Water for an Asthma.

TAKE fenel and parslly-roots, of each two ounces; elecampane half a pound; scabious, hyssop,

maiden-hair, white horehound, of each one ounce; round birthwort one ounce; orice half an ounce; nettle and cress-seeds, of each half an ounce; spikenard two drachms; bay-berries four ounces; black cummin-seeds half an ounce; steep them in a gallon of white-wine; digest and distil them. Take three ounces in the morning.

A pectoral Infusion for an Asthmatick Cough.

TAKE mustard-seed half an ounce; garlick three drachms; infuse them in a quart of white-wine; make an infusion, and drink of it at pleasure.

A pectoral Julep for an Asthma, depending on a want of Spirits.

TAKE black-cherry water, the greater compound wormwood-water, tincture of saffron prepar'd with sack, of each four ounces; gentian-root, in a rag, half a drachm; make a julep, and take three spoonfuls in a morning, and at pleasure, whilst the breath is short and uneasy.

An excellent Elixir against an Asthma, and also for the Chin-cough in Children.

TAKE honey and liquorice-root, of each four ounces; flowers of benjamin and opium, of each one drachm; camphire two scruples; oil of aniseeds half a drachm; salt of tartar one ounce; spirit of wine rectified a quart; digest all together for some weeks, shaking them often; then strain it, and keep it for use. The dose is from 20 to 100 drops to grown persons, in hyssop-water, or sack, going to bed; and from 5 to 20 drops to children. It is also peculiarly excellent in what is called the Chin-cough.

A Wine

A Wine to be used by Asthmatick Persons.

TAKE green elecampane-root, white sugar, and currans, cut small, of each four ounces; infuse them cold 14 days, in two quarts of white-wine, and drink thereof two glasses a-day.

Pectoral Pills for an Asthma.

TAKE powder of elecampane, orice, liquorice, of each one scruple; saffron, flowers of benjamin, of each half a scruple; white sugar-candy two scruples; balsam of sulphur anisated, a sufficient quantity to make thirty pills. Take three twice a-day, morning and night.

A Tincture for the Asthma.

TAKE elecampane-roots, Florentine orice, aniseeds, caraway-seeds, liquorice, of each two ounces; raisins stoned one pound; fena six ounces; aniseed-water four quarts; digest them all four days; then strain it, and keep for use. Take two or three spoonfuls going to bed, and as much the next morning, according to the strength of the patient.

A Bolus for an Asthma.

TAKE sperma-ceti a scruple, lac sulphuris half a scruple; volatile salt of amber five grains; conserve of hips one scruple; balsam of Peru in drops; syrup of saffron, sufficient to make a Bolus.

An excellent Emulsion for an Asthma.

TAKE gum ammoniacum one drachm and a half; having dissolved it cold in a mortar, in hyssop-water, four ounces; and Rhe-

nish-wine two ounces; strain it out for three doses.

Pills for an Asthma.

TAKE balsam of Peru; olibanum; opopanax; troches of myrrh, of each one drachm; mastich in powder one drachm and half; tincture of castor sufficient to make a mass of pills; take fifteen grains made into small pills every night and morning.

A Bolus for a nervous Asthma.

TAKE native cinnabar one scruple; jesuits-bark in fine powder half a scruple; syrup of pionies, enough to make a bolus to be taken twice a-day, with three ounces of bitter wine: mix.

For a dangerous Asthma.

TAKE sperma-ceti half an ounce; balsam of Tolu two drachms, dissolved with the white of an egg; and then put in of barley decoction 12 ounces; white-wine four ounces; make an emulsion; sweeten it with a little sugar. Take a small draught frequently, with spirit of hartshorn, and tincture of castor, of each 20 drops.

A Liniment for an inveterate Asthma.

TAKE ointment of marsh-mallows, palm-oil, of each half an ounce; oil of mace by expression, oil of sweet almonds, spirit of lavender, of each two drachms; mix, and rub it with a warm hand on the breast; afterwards cover the part with a warm flanel.

See Consumptions, Coughs, Phthisick, Rattle-snake-root, Ulcers, &c.

BARKS,

SEE *Herbs.*

B A L S A M S.

Lucatellus's Balsam.

TAKE three pints of fallad-oil; one pound of Venice-turpentine; one pint of sack; half a pint of rose-water; red saunders the best, an ounce; bees-wax, half a pound: beat the sack and fallad-oil very well with a spoon in a bason: in another bason beat the rose-water and turpentine, till the turpentine be white: after the wax is slic'd, put it into a large skillet: when 'tis melted, put in the oil and sack, then the turpentine and rose-water, stirring it over a gentle fire, till you seeth the water well; then put in your saunders, and let it boil till it be well-colour'd; after which strain it thro' a thin cloth, and keep it for use.

Its Virtue.

'Tis good to heal any wound; if deep, squirt it in warm; if not, only apply some to it with fine lint or linen, anointing also the parts thereabouts: it not only takes away the pain, but also keeps it from inflammation, and draws forth all broken bones, or any thing else which might putrefy or fester it; so that if the brain, heart, guts, or liver, be not hurt, it will heal it in four or five times dressing, without any other application. It heals any burning or scalding, and any bruise, being first anointed therewith; and a piece of cloth or lint, being dipt therein warm, heals without scar. It helps the head-ach, anointing the temples, and dressing therewith. 'Tis good against the wind-colick, or stitch in the side, apply'd there-

to warm with hot cloths four mornings together, and every morning taking a quarter of an ounce. 'Tis good against poisons, and helps surfeits, taking an ounce of it in a little sack. Warm'd, it helps the biting of mad dogs, or any other beast. 'Tis good against the plague, anointing only the nostrils and lips therewith in the morning before the patient goes forth. It also heals fistula's and ulcers, be they ever so deep in any part of the body. 'Tis also good against the worms and measles, taking a quarter of an ounce in the morning, four mornings together, sweating upon it. It helps digestion, if the stomach and navel be anointed therewith at bed-time. It also presently stays bleeding, applying it with lint, and tying it hard.

Another Sort of Lucatellus's Balsam.

TAKE half a pound of bees-wax and melt it in a kettle; then put to it three pints of oil of olives, and one of sack: let it boil together, and keep it stirring a whole quarter of an hour; then take it off, and put into it a pint of Venice-turpentine, well wash'd in red rose-water; boil it again so much longer afterwards put it into two ounces of red saunders; then boil it all together, till the scum be all boiled in; then strain, and put it in a pot for your use: this is good for bruises, scalds, &c.

The Friars, or universal Balsam.

TAKE balsam of Peru, one ounce
storax calamita, two ounces
fin

finest Benjamin, three ounces; aloe succotrina, myrrh, electuary, purest frankincense, of each one ounce; root of angelica, flowers of St. John's-wort, of each two ounces: beat these very fine, and put them (all but the balsam of Peru) in a bottle with a pint of doubly rectify'd spirit of wine; set it in the sun all the dog-days, stopped very close; then strain it off, and put in the balsam of Peru. Fill up the bottle with fresh spirits, after the first is strained off, and it will serve for all common uses. For the colick or pain in the stomach, twenty drops in loaf-sugar; 'tis also of excellent use for any inward bleedings; but the most common use of it is for all green wounds: if the part wounded continue bleeding, take fine lint, dip in the balsam, and make a bandage over it.

Monsieur de Ponedan's Liquid Balsam, excellent.

TAKE of dry balsam of Peru, one ounce; drop-storax, two ounces; the finest Benjamin, three ounces; succotrine aloe, the best of myrrh, male frankincense, angelica-root, flowers of St. John's-wort, of each half an ounce; infuse the ingredients first slic'd, and grossly pounded, into a quart of rectify'd wine; stop the bottle very close, and set it in the sun during the dog-days, or in any moderate heat, shaking the bottle often, till the spirit of wine is as strongly tinctured as possible with the ingredients: then decant the clear liquor, running it thro' a fine linen; keep it close stopped for use in small bottles; and when at any time you open a bottle, stop it immediately, it losing much of its virtue by standing open: if no dry balsam of Peru be to be got, the liquid will serve, the first being what na-

turally distils out of the Peruvian plant by incision; the latter being a decoction of the leaves and under-branches of the same plant. Drop-storax, or storax calamita, is extremely preferable to the liquid-storax, and only to be used. The roundish clear pieces of frankincense, of a yellowish-white colour, are to be chosen. The virtues are: It cures in eight days all curable wounds made with a sword, or fire-arms; as also all manner of cuts or hurts, where the skin is broken, provided the sore be dress'd with this balsam, either applying it with a feather, or else injecting with a small syringe, if the wound be deep, five or six times. It causes no supuration or matter, which most other remedies do. It is prodigiously painful, when first apply'd; but the anguish ceases in less than a minute. If other remedies have been used before the balsam, wash the wound very well with warm wine; this balsam will have its effect, but not so speedily: in wounds or hurts, which are not very deep, after you have apply'd at the first this balsam, with a feather, five or six times, or till no further considerable pain is felt, upon a fresh application, dip a fine linen rag, or a fine lint, in warm spirit of wine, and lay it upon the wound: upon that lay a larger linen rag, three or four times double, dipped in the same spirit of wine, and a binder over all. If no spirit of wine be to be had, use any warm wine, Hungary-water, or any thing of that nature. When you come to dress it again, do not pull off your lint, or undermost rag; but only wet it thoroughly with the balsam, and put on the uppermost linen, well dipped as before, continuing this, at first, twice in twenty-four hours, afterwards once, till the undermost

undermost rag comes off of itself, which it will do, as soon as the wound is healed under it. The reason why the lint is best on, is because the glewiness of the balsam makes it stick so close (when dry'd) to the wound, that 'tis impossible to pull it off without great pain, and scarce without breaking the new and tender skin growing over the wound. In deep wounds the rag or lint must be taken off as long as 'tis necessary to apply the balsam by way of syringe; which that you may do with more ease, soak it well first with warm spirit of wine. For my part, (in deep wounds especially) I should be afraid of this remedy, let it should, by its great glewiness, close the orifice, the bottom yet unheal'd. It cures all ulcers, even cancers and cankers. 'Tis a certain remedy for the bite of a mad dog, and other venomous creatures; and for all sorts of fistula's, in all places, tho' of never so long standing. 'Tis very good in the gout, applying it at bed-time. It cures bruises and defluxions, by bathing the part. A little, apply'd with a feather, cures sore eyes. It prevents the small-pox from pitting, every pustle, as it comes out, being anointed with it; this drying them up without permitting them to turn to matter, which occasions the

mark (a dangerous experiment!). 'Tis of admirable use in the colick, taken in wine. 'Tis of service in the purples, taken in small broth, or other proper liquor, as also in the same, (if accompany'd with a fever) if not in wine. It clears the stomach, and restores lost appetite. 'Tis of great service in all sorts of fluxes of the belly, either bloody or other, taken in wine, broth, or other vehicle or liquor; the dose from ten to forty drops or more, according to the age or strength of the patient. Nothing is equal to it for a horse which is hurt with a nail in shoeing: if a drop or two be immediately put into the hole from whence the nail was drawn, it cures instantly. Observe in general, that the balsam is never to be warm'd, but always apply'd and used cold; and if mixt with broth, it must be taken as soon as dropp'd in; as also, that when outwardly apply'd, no kind of plaister or tent must be used. The best way is, to steep the flowers of St. John's-wort, and the angelica-root, first in the spirits; and then strain them out, and put in the other ingredients. Rectify'd sack is the best sort of spirit. For

B L E E D I N G S,

See *Hæmorrhages*.

B E D S.

THE Necessity of Cleanness in them; the Original of BUGS; and other curious Matters.] Cleanness in houses, especially in Beds, is a great preserver of health. Now Beds, for the most part, stand in corners of chambers; and being ponderous close substances, the refreshing influences of the air have no power to penetrate or destroy the gross

humidity that all such places contract, where the air hath not its free egress and regress. In these shady dull places Beds are continued for many years, and hardly feel the sun or elements. Besides, Beds suck in and receive all sorts of pernicious excrements that are breathed forth by the sweating of various sorts of people, some of which

which have leprous and languishing diseases, and on which some who lie and die. The Beds receive all these several vapours and spirits, and the same Beds are generally continued for several generations, without changing the feathers, until the ticks be rotten. Besides, we have many feathers that are imported from several countries, which are the drivings of old Beds, the uncleanness whereof is not considered. As to the nature of feathers, they are of a strong, hot, fulsome quality: For fowls, of all creatures, are for the most part the hottest; and their feathers are of the same nature: Therefore the constant lying on soft feather-beds, does not only over-heat the back and reins, and weaken the joints and nerves; but such Beds have power also not only to receive, but retain, all evil vapours and excrements that proceed from, and are breathed forth by, various diseased people. Hence it comes to pass, that sundry distempers are transferred from one to another, by lying upon or in such Beds, which distempers do secretly steal on a man by degrees, so that he cannot imagine whence the disorder proceeds, or what the cause thereof should be.

There are many indeed whose constitutions are strong, and their natural heat and spirits so vigorous and lively, that they withstand and repel all such evil vapours and scents: But those suffer by them, whose natural heat is weak, and their spirits few; for those evil vapours do powerfully penetrate the whole body, if they are not withstood by the central heat and power of the spirits, and incorporate themselves with their likenesses in the human body. These are the chief reasons why one man gets diseases

by lying with diseased persons, and in unclean Beds, and others not.

Every one that can, will have plentiful changes both of linen and woolen garments; for if they have not, experience shews, that the excrements and breathings of the body will generate vermin. Most people likewise take care that their furnitures are daily brushed and rubbed, and their very floors washed, as though they were to eat their food on them: But all this while, they lie on beds that have not been changed, or hardly aired, in several years. Let any indifferent person judge, which is most pleasurable and healthful, to have a clean floor to tread on, which costs many hard days labour to keep so, and is dirtied in a moment's time; or to have a clean sweet Bed to lie on.

From the pernicious smells, and putrified vapours, which proceed from old Beds, are generated the vermin called *Bugs*, according to the degrees of uncleanness, nature of the excrements, and the closeness of the places where Beds stand; for even the excrements of some people are not so unclean as others: Also in all close places, especially in cities and great towns, the spirits and thin vapours of the air are suffocated, which makes the same air sulphurous and humid, whence proceeds putrefaction. Therefore it is not a general rule, *That all old Beds should breed Bugs*; for where the thin pure air, with the refreshing influences of the sun and elements, have their free egress and regress, all such matter is destroyed whence such vermin is produced.

The original of these creatures called *Bugs*, is from putrefaction, occasioned by stinking scents and vapours,

vapours, which proceed from the bodies and nature of men and women, and the mixing or incorporating of these vapours with moist and sulphurous airs: For where there is no heat nor humidity, there can begin no putrefaction. Therefore all that have attributed the generation of this vermin to wood, as bedsteads, and the like, are grossly mistaken in the productions of nature; for there is no matter in wood that can generate such a vermin, it being productive only, or chiefly, of two creatures in England, viz. of wood-lice, and a small worm. These wood-lice themselves are never generated but in places where the sun and air have not their free influences, whereby store of humidity is contracted; nor the worm, till the nature and power of the salts, which preserve the wood, are decayed, thro' length of time; at which time the air enters it, and presently causes it to contract a humid quality, from whence proceeds putrefaction; whereof, when the sun is powerful, this worm is bred. But so long as wood continues sound, and is kept dry, the air having its free influences on it, no sort of wood ever breeds any kind of vermin whatsoever.

There are many also who attribute the generation of this vermin to hogs hair, which being mixed with lime, and houses plaistered with it, occasions (as they think) the generation of Bugs. Now it is most certain, that there is no possibility in nature for this production: For no kind of hair ever breeds any living creature, except it be put into water or mud when the sun is powerful; and then this creature, thus generated, retains its first species, viz. a hair, with a live head, which was its element whence

it proceeded; but if you take it out of the water, it presently dies: So also it doth when the sun declines in heat, as most sorts of vermin that are bred through heat and moisture do. But hair being mixed with lime, all matter of generation is thereby totally destroyed: For lime chiefly contains a harsh, fiery, keen, sharp, corroding quality; and is so sharp, that it destroys life, and is as contrary to it as light is to darkness; so that if there were never so much matter in hair for the generation of such vermin, lime would destroy it.

As a proof, that the original of these noxious vermin is owing to the cause we have mentioned, it hath never been known, that they were ever seen in ware-houses, kitchens, parlours, dining-rooms, or any places where beds have never been, except they have by accident been brought into such rooms or ware-houses, by furniture of chambers that have been troubled with them, though all such places have the same furniture as chambers, except Beds.

From the same matter whence Bugs are bred, is also occasioned the generation of many nasty diseases in the blood; so that the destruction of the matter that breeds them, is of greater consequence than most people are sensible of: And if these following rules be observed, we dare affirm, That the generation of Bugs will cease, and also many other inconveniencies and distempers, that are got by this sort of uncleanness, will be avoided.

First, You are to destroy all pressed bedsteads, which stand in corners of rooms, and which are made up with boards so close, that the air cannot penetrate, or dry up and consume the moist sulphurous vapours

pours that are contracted. These sorts of Beds, that stand so, it is well known, are apt to have them more than others.

Also you are to set your other sorts of Beds as near as you can in the most airy places of your rooms, exposing them to the air the most part of the day, with your chamber-windows open, that the air, which is the most excellent element, that sweetens all things, and prevents putrefaction, may freely pass.

In the night also you ought not to have your window-curtains drawn, nor the curtains about your Beds; for it hinders the sweet refreshing influences of the air, so that the air of all close places becomes of a hot sulphurous nature and operation; and the thin pure vapours, which wonderfully refresh nature, are as it were suffocated. It is in an especial manner observable, when people are sick, or out of order, such rooms as are kept very close, and with great fires in them, have such bad effects on the constitution, that if even a healthy person continue but three or four hours in them, the fulsome steams, and thick vapours, will much disorder him, and take away the edge of his appetite: And if so, what will the operation be on those whose spirits are weak and disordered with distempers?

Nothing then can be more pleasant and healthful than good air; it cheers and comforts the spirits, it opens the passages of the joints and nerves, it purifies the blood, creates an appetite, increasing strength and vigour: While on the contrary, hot, thick, sulphurous airs do not only obstruct the passages of the spirits, but suffocate them, loading the joints and nerves

with evil juices; whereby the limbs and members become full of pain, causing a general tenderness to possess the whole body, and destroying the appetite, and the power of the digestive faculty in the stomach. From all which we may conclude, that *moderate cloathing, hard Beds*, houses that stand so as that the pleasant breezes of wind may air and refresh them, and also such as are full of windows, are to be preferred: For where the air hath not its free influences, the spirits become dull and heavy. (See *Air*.)

The most certain means then not only to prevent the generation of this vermin, but also to preserve health and strength, are straw, or rather chaff-beds, with ticks of canvas, and quilts made of wool or flocks to lay on them, and what we call mattresses; which certainly is the most easy and pleasant lodging that can be invented; and a little custom will make it appear friendly to nature, and in every respect far beyond the softest feather-beds, on which when a man lies down, he sinks into them, as into an hole, with banks rising on each side of him. Besides, such soft Feather-beds do over-heat the reins and back, making all the parts tender, and causing sweatings, and produce also gravelly complaints, and many other inconveniencies to health. They are also extreme fulsome, and by their heat powerfully dry up the radical moisture, causing a general faintness. But on the contrary, hard, even Beds, or mattresses, that lie smooth, are not only easy through custom, but a man may turn freely, both sleeping and waking: They harden and strengthen the whole body, especially the back and reins, make the nerves and sinews strong, preventing the im-

moderate

moderate evacuations by sweating, and keeping the body in a temperate heat. Besides, such Beds may be often changed, with but little trouble, and less cost; they send forth no stinking fumes or steams, as Feather-beds do; but are sweet and clean. Certainly nothing is more healthy, next to temperance in meat and drink, than clean hard Beds.

All sorts of Beds, especially Feather-beds, ought to be changed, driven, or washed, at the least three or four times in a year; or else it will be very difficult to keep them sweet and clean, and to prevent the generation of vermin, or the other inconveniencies before-mentioned. Feathers and their quills do certainly contain an unclean putrified matter, that hath a near affinity with the nature of Bugs; and therefore Feather-beds are more apt to breed them, than wool, or flocks; though both will do it, if the forementioned rules be not observed.

Indeed each man's own Bed does not stink or smell strong to himself, because he is accustomed to it; neither does a tallow-chandler smell those horrible scents, and pernicious fumes, that old tallow sends forth when it is melted: But let any other person, that is not accustomed to it, be near such things, and it will be very offensive to him. Even so it is in all other stinking trades, and things of this nature: So that the greatest slut in the world does hardly smell her own house or Bed stink.

A great part of the children that die, especially in towns and cities, is occasioned either by the intemperance of their mothers, during the time they go with child, or afterwards by their unnatural and badly-prepared food, and suffering

them to eat to excess; also by their keeping of them too warm, and too close from the air, and lapping of them up in several double cloths and swathes, so tight, that a man may write on them; and then putting them into warm Beds, and covering them up close. If a strong man was so bound up, he could not endure it, without great injury to his health. Besides, the window-curtains are drawn, and also the curtains about the Bed; by which means the air becomes so hot and sulphurous, that it causes great disorders to attend both the mothers and the children. This ill kind of management does also cause such a tenderness both in the mother and the child, that on every small occasion they are liable and apt to get colds, and divers other distempers.

And it may be affirmed, That all sorts of people who keep their Beds, let the occasion be what it will, not excepting lying-in-women themselves, have tenfold more need of the refreshing influences of the air, than others that are up: For the Bed being much hotter than a man's garments are when he is up, the thin, refreshing, moist vapours, that do penetrate the whole body more powerfully when a man is up, are thereby hindered. This is one chief reason why a man cannot digest a supper so well in Bed, as if he sits up. All men know, that the Bed destroys appetite. If a man go to bed at eight a-clock, and lies till eight in the morning, he shall not be hungry; but if he goes to bed at the same time, and rises at four in the morning, though he sits still without action, yet by eight he shall have a good stomach to eat and drink; so great is the power of the air: For when a man is up, his body is cool, and the pure
spirits,

spirits, and thin moist vapours of the air, have power to penetrate the body; which element the body sucks in like a sponge through the pores; and this does not only cool and refresh the spirits, and the whole body, but also powerfully strengthens the action of the stomach. See *Air, Appetite, Stomach, &c.*

For destroying this noxious ver-

mid, *Bugs*, see the *Frugal House-keeper's Directory*, part 1.

BLEEDING.

See *Evacuations, &c.*

BLEEDINGS.

See *Fevers, Hamorrhages, Piles, Pleurisies, Wounds.*

BLISTERING.

See *Evacuations, &c.*

B L O O D.

THE Blood of labouring people is more dense and heavy, than of those who live a sedentary life; and the diseases which people imagine proceed from thick-ness of Blood, come often from the contrary cause. Too thin Blood strays into the immediately subordinate vessels, which are destin'd to carry humours secreted from the Blood. This causes an obstruction falsely ascrib'd to the thick-ness of

the Blood. The qualities of Blood in a healthy state are, to be florid when let out of the vessel, the red part congealing strongly and soon together in a mass moderately tough, swimming in the serum, which ought to be without any very yellow, or greenish cast.

See *Diet, Constitutions, &c.*

BLOODY WATER.

See *Stone and Gravel.*

B R E A S T.

SEVERAL disorders attend the Breast, the chief of which are the following: 1. The disorders to which it is subject in women pregnant, or just deliver'd. 2. The dropsy. 3. Oppression of the Breasts.

1. The disorders to which the Breasts of pregnant or child-bed-women are subject, may be (1.) a superabundancy of milk; which must be prevented by the application of plaister of hemlock to the Breast. It is usual also to put double linen cloths, dipt in spirit of wine, under the arm-pits. Plaister of simple diachylum, and milking the Breasts on red-hot irons, will lessen the quantity, and stop the hardening of the Breast. The milk must be dry'd

in the other Breast, before the tainted one can admit of a cure. (2.) A swelling without pain, and hard, presages a cancer, and must be dispell'd by plaister of hemlock with sal ammoniac, plaister of frogs with mercury, and such-like. You may use the following cerata: "Take of the tops of wormwood powder'd, two drachms; lentil, fenugreek, and fenel-seeds, each one ounce; juice of hemlock and henbane, each three ounces; ointment of dialthea, two ounces; duck and goose fat each one ounce; deer-suet two ounces; liquid storax half an ounce; wax four ounces; make a cerate." Hemlock boil'd in wine, and bruise'd

with hog's-lard, is effectual in extenuating these swellings. (3.) An inflammation of the Breasts proceeds from the sourness of the milk in women giving suck; and is very dangerous. It may best be dissolv'd by water of unslack'd lime. The cure may also be attempted by a poultice made of bean, lupin, and lentil-flour, boil'd and kneaded in water and vinegar, and mixt with a little white of an egg. It may also be treated with plaister of hemlock, or of sperma-ceti, &c.

2. A *dropsy in the Breast* is known by the swelling of the Breast and feet, the crookedness of the nails, quick breathing, a cough and fever, together with a palpitation of the heart. Bladders of water frequently arise in the lungs. This disease is curable by diureticks and catharticks, or by tapping.

3. The *oppression of the Breast* is one of the symptoms of a fever, and must be dispell'd by means made use of in that disease; which see under its proper Article.

As nature has not provided a repository for the milk, it is all contain'd in the glands and arteries; so that when nurses feel so great a distention in their Breasts, and parts adjacent, all the arteries are distended to a great size, and unless the milk returns, there is no other method to get rid of it, but to have the breast suck'd or milk'd; otherwise it will be apt to break the vessels containing it, and then it curdles, and turns into an abscess. For this, and other cases relating to the Breasts, (additional to what we have said above) the following receipts are efficacious:

A Liniment for, a sore Breast.

TAKE ointment of yellow basilicon, Arceus's liniment, of each

six drachms; powder of myrrh two drachms; mastich, aloes, of each half a drachm; honey of roses, the yolk of an egg, of each two drachms; make a liniment, and apply it warm with pledgets,

For the chapping of the Nipples.

TAKE fresh pomatum two ounces; starch powder'd, and bole-armen. of each an ounce; white sugar one drachm; saffron powder'd five grains; make a liniment, and anoint the Nipples often with it.

For a sore Breast.

TAKE a sheep's head, open it, and after you have wash'd it, boil it two hours; then strain it, and put to the liquor half a pound of rice; then set it on the fire, and boil it to the consistence of a poultice; mix with it a quarter of a pound of fresh hog's lard, and as much saffron, in powder, as will give it a colour. Lay it warm to the sore; it will both break and heal it.

A Plaister for the Breast, to dissolve curdled Milk.

TAKE sperma-ceti one ounce; white wax two ounces; galbanum, strained with vinegar, half an ounce; oil of alder as much as will be sufficient to make a plaister. It is proper for all tumours of the Breast, occasion'd by the curdling of the milk, and it is good in white soft swellings, or the evil in the Breast, or any hard tumour in any part of the body.

An often try'd Cataplasme to break a sore Breast, &c.

TO the yolks of four eggs, take four ounces of live honey; mix them by grinding well together, with about half a pint of red-wine,

and apply this mixture as a kind of poultice.

Cerecloth for Swellings in the Breast, &c.

MAKE a cerecloth of oil of linseed, and yellow wax, and apply it to the part, first anointing it with linseed-oil.

A Plaster to break a sore Breast, &c.

SEETH a lily-root and piece of leaven in milk, till the root be soft. Lay it plaster-wise to the part, morning and evening, as hot as you can bear it.

A Plaster to discuss and soften any hard Swelling in the Breast, occasion'd by the drying of the Milk.

TAKE the plaisters of diachylon, without the gums, of burnt lead, of soap, of each one ounce; cumin-plaister half an ounce; melt them, and add oil of amber one drachm; mix them, and make a plaister, spread a little on a linen cloth, and apply it to the Breast.

An Ointment for the same.

TAKE ointment of poplar; camphorated white ointment, ointment of bays, unguent. nutr. and honey, of each an ounce; mix them, and anoint the Breast with

a warm hand, and apply the above plaister over it.

For the same.

FIRST bathe the Breasts well with camphorated spirits of wine; then melt a little honey in a spoon, and anoint the Breasts well with it; afterwards apply a piece of lawn paper all over it. Do this night and morning.

For the same.

TAKE oil of sweet almonds two ounces; white wax, spermaceti, of each half an ounce; red rose-water one ounce; boil them to the consistence of a plaister, spread it upon dowlas.

To dry away the Milk.

TAKE red lead nine ounces; oil of red roses one pint and a half; white wine-vinegar half a pint; boil them to the consistence of a plaister; spread it on a coarse cloth, and lay it over the Breast.

See Cancer, Feminine Diseases, Milk, Stomach, Wounds, &c.

B R E A T H.

See Asthma, Consumptions, Coughs, Pleurisy, Phthisick, Teeth, &c.

B R U I S E S.

BRUISES from falls, or other accidents, are often of bad consequence, according to the weight of the person, the force of the fall, the hardness of the place on which he falls, or the height from whence he tumbles. The circulating fluids are generally stop'd by the accident, and the blood, hastening to the injur'd part, will

be hindered in its passage: for which reason, bleeding should be plentifully used, particularly if any of the inward parts of the head, the breast, the belly, are injur'd, which will prevent an inflammation, or other dangerous symptoms. Spirituous liquors, and heating diet, must be abstained from, and small and cooling liquids plentifully drank;

and the following applications may be used to the injur'd part:

Take ointment of marshmallows one ounce; sperma-ceti melted two drachms; oil of almonds half an ounce; volatile salt of hartshorn half a drachm; Venice-treacle half an ounce: mix, and make an ointment, to be rubbed well in, morning and evening; on which wear cap-paper.

Take sperma-ceti two drachms; Venice-treacle two drachms; syrup of balsam what is sufficient. Make a mass, which divide into four bolus's, one of which take every five hours, drinking upon it a small draught of the following apozem; *viz.*

Take pectoral decoction one pound; tincture of saffron made with wine, one ounce; syrup of red poppies an ounce and half: mix.

For a fall from a high place, or contusion: Take of the leaves of the plant bitter-sweet, four handfuls; powder of linseed four ounces: boil them together in hog's lard, or Greek wine, and make a poultice, to be apply'd warm to the aggrieved place. It will dissolve, in a night's time, a swelling as big as a man's head, and has been effectual in almost desperate cases. The same plant may be used inwardly.

Embrocations, with vinegar, oil of Myrtillus, and oil of roses, are enough for a simple bruise: use the following poultices: Take flour of barley and bean-flour, each three ounces; powder of cypress-nuts, powder of flower of pomegranate, and powder of roch-alum, each half a drachm; flower of red roses three drachms; oil of roses one ounce and half; two whites of eggs; a sufficient quantity of vinegar: mix it, and make a poultice.

Take care to thin the clotted blood with saffron, or spirit of wine, simple or camphorated, in linen cloth; add to this treacle, and balsam of sulphur, when the nervous parts are affected. Diaphoretick antimony, and volatile salt, are highly serviceable. The powder for a fall, smectick plaister, oil of linseed taken inwardly, the bolus for a fall, and such-like, may in some cases be of great use. Amber prepar'd, red coral, lapis cancrorum, and sperma-ceti are greatly approv'd. Strive as much as possible to convert the extravasated blood into pus; but beware of a gangrene.

In a very desperate case, when all the limbs are much bruised, take honey-combs with the honey, and boil them in wine, till they become an ointment; which spread on a warm sheep-skin, taken from a sheep lately kill'd, and wrap the patient therein. One was perfectly cured by the application of this for three days together.

In light hurts from Bruises, beef cut in small slices, and applied to the part affected, is sufficient. And spirit of wine is also an excellent thing for this purpose.

The following recipes are likewise well recommended.

A green Oil to be made in June.

TAKE rosemary-tops, green sage, lavender-tops, feverfew, chamomile, bawm, southernwood, betony, red rose-buds, each two ounces; wormwood an ounce; let them all be chopp'd small, and put into two quarts of good oil, and let it stand fourteen days, stirring it three or four times a week; then boil it softly till the herbs be dry. It is good for bruises taken inwardly in three or four spoonfuls of

of warm sack or ale; let the patient take it three times at first, as soon as may be after the accident; at night going to rest, and the next morning. Outwardly anoint the bruised part with a feather, and put a piece of flanel upon the place. This oil is also excellent for strains: it was given to a man after he had lain extremely ill for a fortnight, from a violent strain in his body by lifting: he took it two or three times, and recover'd. It is also good to anoint any strain in the hand or foot, and old aches and pains; but must not be used in the gout.

An Ointment for any Ach, Pain, or Bruise.

TAKE two pints of neat's foot-oil; half a pint of Canary or Muscadine; lavender, the leaves and seeds of agrimony, each two ounces; put them all into a pipkin well pasted, and bake it with household bread; after which strain it. It is to be done twice or thrice, adding each time the like quantity of wine and herbs to the oil. Anoint the parts affected twice a day, rubbing them very well before the fire.

An easy, but useful Remedy for a fresh Bruise or Contusion.

TAKE fresh butter and parsley, of each a sufficient quantity; and having chopt the herb, mix it very well with the butter, to the consistence of a cataplasm, which is to be apply'd warm to the newly bruised parts.

For Contusions, Bruises, &c.

TAKE green twigs of woody night-shade (cut like farsaparrilla) four ounces; cochineal one scruple; white-wine one quart; infuse hot and close all night; then,

having strained out the liquor, add syrup of ground-ivy four ounces; Venice-treacle half an ounce; mix.

This last, says an eminent physician, is a singular experiment; for it dissolves extravasated clots of gore after a marvelous manner, and throws it out of the body. It operates so powerfully and specifically, that upon the use of it, I have sometimes, (adds the doctor) not without astonishment, observed black urine, which I supposed was made so by clots of blood dissolved, absorbed, and mixed in with the serum. Let six ounces be taken twice, or four ounces thrice a day.

For an inward Bruise.

HAVING first been let blood, immediately after take the following bolus and draught:

Take Venice-treacle two scruples; sperma-ceti one scruple; castor and Virginia snake-root powder'd, of each five grains; volatile salt of hartshorn, camphire, of each six grains; syrup of balsam, sufficient to make a bolus.

The Draught: Take peny-royal-water, hyssop-water, of each one ounce; treacle-water, syrup of saffron, each half an ounce; compound spirit of lavender, sal volatile oleosum, of each ten drops: mix and make a draught.

For the same.

TAKE Irish slate two drachms, powder it; spruce beer half a pint: mix them, and drink twice a day; bleeding being premised.

For the same.

TAKE Venice-treacle, Lucatellus-balsam, of each one ounce; milk of brimstone two drachms; sperma-ceti one drachm and a half; saffron powder'd, one drachm; pectoral syrup a sufficient quantity to make an electuary. Take the quantity of a large nutmeg three

times a day, drinking after it a quarter of a pint of white-wine.

For a Bruise on the Head.

TAKE sal volatile oleosum; Hungary-water, and compound spi-

rit of lavender, of each one ounce; mix them together, and rub the head therewith, it being first shaved.

BURNS and SCALDS.

ABURN is instantly accompanied with a very violent inflammation and pain; and sometimes becomes a most stinking and dangerous ulcer.

For an excellent medicine to prevent putrefaction, and perfecting the cure, dip linen cloths in spirit of wine, and immediately apply them to the part affected, repeating it often till the pain ceases, and afterwards twice a day.

In the beginning of a Burn, cut the pustules, in order to discharge the sharp and hot matter. To ease the pain, take pigeon's blood warm from the bird.

If the face is burnt with gun-powder, which sticks in the skin; pick it out instantly with some sharp instrument. In slight Burns, oil of alders, and whites of eggs, or oil of flax, and lime-water, shaken together, are to be applied. A poultess of horse-dung is useful to draw out the fire: Or, take sugar of saturn half a drachm; vinegar of the best white-wine four ounces; dissolve, and then add a sufficient quantity of oil of alders; mix 'em, and make an ointment.

In Burns of the eyes apply defensives to the temples and forehead: stop the flowing of humours to the part affected, chiefly by bleeding: constantly drop some woman's milk into the eyes, mixt with rose-water: and, for a poultess, take two ounces of the pulp of roasted apples; two drachms of flour of

fenugreek; one ounce of barley: boil 'em in a sufficient quantity of cow's milk to make a poultess, to which add half a scruple of saffron. In this sort of Burns avoid opium; but where the pain is sharp, apply a poultess, of the crumb of white bread, boil'd in milk, with a little saffron and opium; which will assuage the pain a-while at least.

In a Burn there are three degrees: 1. When the skin is red, the pain very pungent: presently pustules arise on the part affected, wherein a clear and white water is held, and the skin at last breaks. To prevent pustules from arising, dip the part affected immediately in hot water, or in oil, or hold it near the fire: for fire is its own antidote; nay, onions bruised in a mortar with salt, and a little soap, will extract the fire.

2. The second degree is, when the place, being puffed up, grows red and painful, hot and burning, and the skin contracted and shrivelled by the violence of the fire. For the Burn, take ointment of basilicum one ounce; oil of roses, and oil of white lilies, each half an ounce; two yolks of eggs: apply a defensive, and wrap the burnt place in a bandage wet in oxycrate, or even opium, in extremity of pain.

3. The third degree is, when the skin has no sense, if prick'd with a needle, and becomes a hard dry crust, which leaves behind it a loath-

loathsome and dangerous ulcer. Beware of a gangrene. Bleeding is sometimes proper. Use the following fomentation to alleviate the pain, and soften the skin: 'Take marshmallows-root two ounces; quince-seeds, and fenugreek, each half an ounce; chamomile-flowers, and melilot-flowers, each one ounce: boil 'em in three pints of spring-water to a quart, for a fomentation; and add spirit of wine two ounces.'

Fire from lightning is the most dangerous of all, and must be cured according to its degree: give cordials inwardly.

For the preventing of unseemly scars after the cure, apply emollients, and afterwards a thick plate of lead, anointed with mercury.

Dr. Turner's cerate is excellent for a Burn or Scald, spread upon linen cloth, or upon lint or tow, as the case requires.

The following receipts are of experienced efficacy in particular cases of Burns and Scalds.

Lady Adams's Receipt of a Cerecloth for a Burn or Scald.

TAKE a quarter of a pint of juice of houghleek; and two ounces of the inward bark of elder; put it into a quart of the best oil, and let it gently boil, till the goodness of the bark is out; then strain it, and set it on the fire again; put in four ounces of white-lead finely beaten and sifted: stir in the white-lead by degrees over a gentle fire, till it comes to a brown colour; afterwards put in of litharge of gold two ounces, finely powder'd and sifted; let it boil a little; then put in an ounce of myrrh, finely powder'd and sifted; stir it well in, till 'tis incorporated well with the other ingredients; after which dip the

cloth in it, and put it into cold water; then smooth them on a wet board, roll a quantity together, and over it lay a paper: put it into a gally-pot, and cover it; stir in two wax candles of six in the pound.

An Ointment for a Burn or Scald.

TAKE two ounces of the inner rind of elder; two ounces of fern-roots; half an ounce of goats-trickles: pound them all together very well; then put them into two quarts of cold cream; let them boil gently, till it comes to a fine green oil.

For a Burn or Scald.

BEES-wax and oil mixt at first thin, and rubb'd over it with a feather; afterwards made just thick enough to spread and lay on as a plaister.

For the same.

TAKE some alum-stone, beat it in some whites of eggs, till 'tis turn'd to a curd like posset; apply it to the burn; 'twill take out the fire, and cure it, tho' ever so bad.

A Salve for Burns.

TAKE of elder-leaves two ounces, and one of flowers; of fennel one ounce; of five-leav'd grass as much; shred 'em all together, and beat 'em in a mortar with a pound of faun's grease; then put it into a pot with a pint of salad-oil, and set it in a stone place, close covered, for four days: afterwards set it in the oven close-covered, when you bake coarse bread; when you take it out, strain it into a pot, and keep it for your use. This will cure any burn or scald.

A very often experienced Remedy for Burns.

TAKE two parts of the oil of walnuts, and one of honey; mix them well together over a gentle fire, and when they are thoroughly incorporated, dip a feather in the mixture, and anoint therewith the part affected, so as the ointment may touch it immediately; and then strew on it some powder of ceterach, or spleenwort, and keep the part quiet, and defend it from the air.

For Burns, and stanching of Blood.

FOR stanching of Blood, there are but few medicines which exceed the colcothar of vitriol, whether wash'd and freed from its salt, or not wash'd: 'tis but a common thing, but will do more than a thousand much more innobled.

An excellent Ointment for Burns and Scaldings.

TAKE of saccharum saturni half a drachm; of the sharpest vinegar four ounces; make a solution of the former in the latter; and add to this solution, drop by drop,

(often stirring or shaking them together) as much oil of alder as will serve to reduce the mixture into the form of an ointment.

A Liniment for a Burn.

TAKE linseed-oil one pint; ointment of alder, and honey, of each four ounces; the yolks of three eggs; the powders of white-lead, burnt lead, and pompholyx, of each two ounces; oil of roses and lilies, of each a sufficient quantity to make a liniment: dip fine linen rags therein, and apply to the Burn, having first bathed it with spirit of wine camphorated.

An Ointment for a Burn.

TAKE ointment of tobacco, Arceus's Liniment, ointment of pompholyx, of each two ounces; the yolk of an egg; balsam of Peru two drachms: mix, and anoint the wound, and lay over it a plaister of simple diachylum.

For a Burn.

TAKE two raw onions; salt two drachms; beat them in a mortar, and apply them to the Burn.

C A C H E X I E S.

CACHEXY is derived from the Greek, and signifies a bad habit or constitution of body, proceeding from unsound viscera, or distemper'd juices: it differs only in degree from an anasarca dropsey; for when once an ill habit is confirm'd, the legs become dropfical and pit. Gross, glutinous, or viscid food is often the occasion of this distemper. The following meats are therefore to be shunned;

viz. beef, old tough meats, pork, hare, venison, fish of a hard and clammy consistence, as eels, &c. salted and dry'd meats, as bacon, hung salmon, &c. also unripe plums, apples, melons, cucumbers, medlars, &c. lettuce, cabbage, beans, pease, new cheese, new bread, all glewy food, as calves-feet, cow-heel, sheeps-feet, &c. Eating to satiety, is also bad, be the food what it will; too much or too little, too small

small or too strong drinkables at meals are also bad; and a person ought always to chew well what he eats; for, as is well observ'd, the beginning of concoction is in the mouth, and no more should be left for the stomach to perform than belongs to it, if you would not fill it with crudities.

When persons are reduced to a bad habit of body, so as to come under the denomination of a Cachexy, they will find the following symptoms. The face will be pale and bloated, the skin soft and flabby; they grow weary without exercise, hate to stir about; have a coldness of their limbs, a dull heavy pain in their heads; an inclination to sleep; they become stupid, find a difficulty in breathing; lose their stomachs; are generally costive; their fluxes are suppress'd; their water is pale and muddy; pulse slow and weak; and at last they grow weak and feeble, and are unable to stir at all.

All obstructions are to be open'd, the blood must be thin'd, and the circulation promoted: For which purpose the following medicines are very proper:

' Take mercurius dulcis 10 grains; resin of jalap six grains; lenitive electuary one drachm; make a bolus; which is to be taken in the morning; and this

' is to be repeated at proper distances 3 or 4 times. Then

' Take the bark and wood of guaiacum, of each an ounce and half; sassafras-wood an ounce; rosemary-tops, ground-ivy, carduus-leaves, of each one ounce and half; daucus-seeds, three drachms; cinamon two drachms; white tartar two drachms and half; cut and bruise all these, and infuse them in a gallon of white-wine twenty-four hours; then strain them out, and add spirit of salt armoniack one drachm: drink a draught of it every day in bed morning and evening, not so as to sweat; but only to warm one so long a time as a benefit is found. Or,

' Take angelica-roots, and elecampane-roots, of each an ounce; digest them in spirit of wine, till the tincture be very strong: then filtre thro' cap-paper, and evaporate the spirit of wine till there remain an extract at bottom as thick as honey: To this extract add a drachm of volatile salt of hartshorn; mix all well together, and make an extract, which keep close: Take 15 grains of this morning and evening in a glass of any strong wine, till the complexion returns, and all the symptoms vanish.

C A N C E R.

AT the beginning of this disorder a pricking pain is felt; afterwards the Cancer grows bigger, sometimes suddenly, sometimes more slowly; and then becomes a hard, black, livid tubercle. When ulcerated, there succeeds a most violent heat, corroding the part like aqua-fortis, with a very offensive

smell and putrefaction, the veins round the tumour being swell'd and black.

It often follows wens or hard swellings ill cur'd; but in the breasts it begins of itself; sometimes in the genitals. It is call'd *noli me tangere*, or *the wolf*, which are really species of this distemper.

The

The principal care must be to prevent the Cancer's becoming ulcerous.

' A cataplasm of cicuta wonderfully mitigates a Cancer, taking care of excoriating the skin. Issues must be made by cautery. Purge with heliobore and sweet mercury, a decoction of the woods, milleds, testaceous powders, asses milk, &c.'

An ulcerated Cancer is scarce ever cur'd.

' Oil of human dung is the best remedy in cancerous ulcers. In an occult Cancer, Wiseman's epithema may be applied with some advantage; which is made of a solution of sacchar. saturni in aq. spermat. of frogs; to which may be added, in violent pain, troch. alb. rhafis with opium. The plaster may be of simple diachylum, spread upon a linen cloth, which is most mild and innocent.'

A small Cancer, beginning free, and in a convenient part of the body, arising from an external cause, is the only one that may be extirpated with any hope of cure.

Among the empirical medicines, the following powder is much approved:

' Take two ounces of the warts growing at the hinder-heels of a stone-horse: wash them in common water; then infuse them in white-wine all night; and afterwards let them be dry'd, and reduc'd to powder; the dose half a drachm twice a day in any proper vehicle.'

Venice soap, to half a drachm twice a day, either in the form of pills, or dissolved in a proper vehicle, is said to cure a Cancer by some occult operation. The patients should begin, where they usually end, with a milk-diet, and the

Bristol-waters, and shun too many medicines.

The Dog-and-duck water in St. George's-fields, Southwark, has been known to be very efficacious in this sad distemper.

And the following recipes have been very successful in some cases.

An approved Medicine for a Cancer not broken.

TAKE dulcify'd colcothar, and, with cream, or whites of eggs, beaten to a water, bring it to the consistence of a cataplasm; which ought to be made large, and spread about the thickness of half a crown, and applied warm to the part affected, shifting it at least once a day.

For a Cancer.

TAKE the hard substance that divides the kernel of the walnut, dry it to powder, and take a scruple in some liquid, morning and evening.

For a Lump on the Breast, tho' a Cancer.

SMother some frankincense over coals, and apply blue flanel, one piece after another, held over the smoke of it, to the part aggrieved, night and morning. This is reckon'd an excellent remedy.

An excellent Diet-drink for a Cancer or Fistula, which has had admirable Success.

TAKE five hundred sows commonly called hog-lice; sage two ounces; rue two ounces bruise the lice, and pound the herbs; then put them all into a little bag, and put it into four gallons of small ale; when it has done working at five days old, use it for your common drink.

For a Cancer when broken.

LIVE garden snails, put into the hole, shells and all, and supply'd fresh when they die, will cure it.

For the same.

TAKE three turneps; boil them in a new pipkin; press the juice in a new earthen pan; bathe the breast with the juice. Take two ounces of hog's lard, and make a poultice with the turneps. Let the patient shake her breast by the fire; then wash it in the liquor with new flanel, and put the poultice on new flanel, and lay on the breast; and if it breaks, continue it till it is well.

A Liniment for a Cancer ulcerated.

TAKE liniment of Arceus, the fat of vipers, of each one ounce; ointment of tobacco, ointment of apostles, of each half an ounce; powder of myrrh, red precipitate sifted fine, of each two drachms; balsam of Peru, elixir proprietatis, of each two drachms; mix and anoint the ulcer once or twice a day, applying the following plaister over it.

The Plaister.

TAKE the plaisters of red lead, diachylon with the gums, com-

pound diachylon, of each one ounce; sperma-ceti, half an ounce; balsam of sulphur turpented, balsam of Peru, of each two drachms; oil of amber, one drachm; mix them to a plaister, and lay it over the sore.

A Fomentation to discuss a Cancer.

TAKE common wormwood, pennyroyal, hyssop, chamomile-flowers, melilot, of each one handful; the roots of Florentine orrice, gentian, of each six drachms; boil them in spring water and milk, of each a pint and a half; strain two pints of the liquor; to which add, tincture of myrrh, spirit of wine camphorated, of each three ounces; opium, one drachm; mix them together, and foment the Cancer with it warm twice a day.

A Plaister to be applied after Fomentation.

TAKE the plaisters of compound diachylon, diachylon with the gums, frogs with mercury, of each one ounce; sperma-ceti, half an ounce; balsam of Peru, one drachm and a half; oil of amber, thirty drops; make a plaister, and apply it over the breast after the fomentation. See *Feminine Distempers*.

C A N K E R.

AS this distemper is generally called when seated in the mouth, is a very troublesome and dangerous disease; and what is often in other parts called a *Cancer*. In the mouth it is also called *Aphtha*, or *Thrush*; as in the Nose it is named a *Polypus*. We shall in this place speak principally of that in the mouth, for which the following remedies have been prescribed with success;

For a Canker in the Mouth.

PUT a spoonful of honey, and a drachm of stone-alum, into an egg-shell; and after it has boiled a pretty while, take it off the fire, and roll a little lint in it, and apply it to the part affected, shifting it often.

Another.

TAKE rosemary, thyme, red sage, small bramble-leaves, the reddest

dest sorrel, celandine, honey-suckles, cinquefoil, each half an ounce; boil all together in running water from a quart to half a pint; then put so much alum in it, as will give it a taste; and after it has boil'd again, put in a good quantity of honey to make it sweet; then let it boil again, and scum it, and wash your mouth with it.

Another.

TAKE flowers of sulphur, one ounce; roch alum, crude and

finely pulveriz'd, half an ounce; mix these very well together, and incorporate them with as much good honey as will serve to bring the mixture to the consistence of a liniment, to be applied from time to time to the part affected.

See CANCER. See also the article THRUSH, in *Childrens Distempers*, &c.

C A R M I N A T I V E S

ARE such things as dilute and relax at the same time, because wind occasions a spasm or convulsion in some part. Whatever promotes insensible perspiration is

carminative; for wind is perspirable matter retain'd in the body. See COLICK.

CATHARTICKS

See *Evacuation, Stomach*, &c.

C E P H A L I C K S

ARE all such things as attenuate or thin the blood, so as to make it circulate easily through the

capillary vessels of the brain.

See *Apoplexy, Epilepsy, Head, Palsy*, &c.

C H A L Y B E A T S, and their Virtues.

CHalybeats are the principal medicines for a broken constitution, green sickness, obstructions, jaundice, dropsy, and all distempers that owe their rise to the crudeness and poverty of the blood; they cause a new fermentation, and shake, and beat up, and purge the mass of blood in such a manner, that as it had not the rich red globules, but look'd pale and watery, it by degrees becomes pure, red, spirituous, lively and sparkling. Also, the uncocted slimy pituita having stop't up the passages, and caused obstructions, whereby the blood was forced to circulate sometimes swift,

and other times slow; these obstructions are removed by steel, which breaks thro' them, and opens the ways, causing the blood to flow freely, and without any difficulty; thereby distributing equally and kindly, nourishment, heat and life, to the whole body.

But when the blood is depriv'd of its juvenile fermentation, because the whole human fabrick is almost worn out with age, then in vain must we expect much from these sort of remedies.

C H I C K E N - P O X.

See *Small-Pox*.

C H I L-

CHILBLAINS and KIBES,

TH^O generally looked upon with a slight eye, are nevertheless troublesome companions, and in extremity of cold, if neglected, sometimes turn into gangrenes. For the Kibes before they are inflamed, it will be sufficient to wash them morning and evening with warm water; or with cold water at bed-time: But if they are inflamed, after washing them, as above, let the following method be pursued.

‘ Take spirit of wine rectify’d, four ounces; Venice-treacle, one ounce; make a mixture, into which dip a rag four double; tie it upon the part, every night, to be kept on all night.

‘ Or, take oil of turpentine, three ounces; spirit of salt armoniack, half an ounce; tincture of myrrh, one ounce; mix, and bathe with it at bed-time, and lay a double cloth dipt in it all night upon the place.

‘ Or, take broom ashes, two ounces; wormwood and centaury, of each one ounce; boil them in four quarts of water to two; strain out the lixivium, and when you use it, warm it, and add a little spirit of wine to it; bathe with it, especially at bed-time, and lay warm flanel upon it all night; and repeat the batheing in the morning.

If the Kibes are ulcerated, they must be used as follows:

‘ Take turpentine dissolv’d in the yolk of an egg, one ounce; foot of wood, or in want of it, foot of coal, half an ounce; spirit of turpentine, one drachm; mix, and make a balsam, which spread upon a pledget made up of lint large enough to cover the ulcer;

‘ tie it well on with warm cloths over all; and repeat it morning and evening.

‘ Or, take tincture of myrrh, one ounce; hiera picra, made with spirit of wine, two ounces: Mix and bathe warm with this: Then apply the following liniment upon the ulcer, and tie it up, and keep the part warm:’

‘ Take sperma-ceti dissolved in the yolk of an egg, two drachms; oil of spike, or of petroleum, three drachms; turpentine dissolved in the yolk of an egg, two ounces; oil of amber, two drachms; liniment of Arceus, three ounces; mix, and make a liniment to be spread thick, and apply’d.’

The following recipes have also been of efficacy in these cases.

A Family Ointment for Chilblains, Kibes, Felons, Whitloes, &c.

TAKE May butter, seven ounces; wax, resin, of each four ounces; crude honey, ten drachms; wheat-flower, six drachms; mix them, and spread it upon leather, apply it to the part affected, change it twice a day, till it begins to grow well: It also warms, loosens, discusses, cleans, ripens and digests, and is of known service in the speedy curing of Felons and Whitloes in the fingers; it is of singular use to abate inflammations, and bring swellings to ripeness and maturity.

Another for Chaps.

TAKE beef-suet, three ounces; wax, one ounce; Strasburgh turpentine, half an ounce; oil of bitter almonds, a sufficient quantity, to make an ointment; being melted together, anoint the chaps there-
with

with every morning and night going to bed, and it will cure them in a few days.

Another for Chilblains.

TAKE pretty thick parings fresh cut from turneps, and hold them to the fire till crisp; then apply them to the unbroken tumours or blisters, as hot as can be endur'd, and keep them on a competent time, and repeat them, if requir'd. They will relieve without breaking the blisters.

A Poultess for Whitloes and Felons.

TAKE the yolk of a new-laid egg, put to it common resin in fine powder, a sufficient quantity; balsam of *Pern*, six or eight drops; mix them together till they become a poultess, and apply it to the part affected. It is an excellent medicine.

A Poultess for Kibed Heels.

TAKE onions and turneps roasted, of each equal parts; mix with turpentine, what suffices; for Kibed Heels.

CHILDRENS DISTEMPERS.

THE following extract from an eminent physician, will be a very proper introduction to this article, and well deserves the attention of all tender mothers.

Our children in *England*, says he, are mostly carried off by gripes and convulsions; and to provide against these maladies, would be saving the lives of two-thirds who die. I know not how it happens, that our women indulge themselves, when with child, in all cool and windy diet; but under the affected notion of longing for all they like, they devour vast quantities of fruits, melons, cucumbers, peaches, nectarines, plums, abricots, cherries, gooseberries, currans, filberts, and the rest are thrown gradually down. For this indiscreet liberty they sometimes suffer themselves: But if it agrees with them, it seldom fails of making strong impressions on the poor infants they go with, whose fibres are tender, and susceptible of every mistake their mothers make. We often find them attribute to frights and troubles those ailments of their children, which ought to be laid

on other causes. This we are sure of; that this diet abounds with all that is requisite to create wind, and raise convulsions, because they have all of them a sourness, or viscosity, or both. Fruits make wines, and will ferment readily, and all that is fermented is windy more or less. Such aliment in children can't fail of griping. Their blood is made up of the quintessence of this diet. Their secretions smell sour, and their stools are as green as grass. Their nervous juices must be of the same nature, and it is not possible to avoid either gripes or convulsions, or both; for the one generally ends in the other.

I would begin with the women, and advise them to be cautious of their diet, if they desire a sound or long-lived progeny; but if that cannot be granted, then a second chance must be run: The children must be carefully treated from the birth. You must diligently void the meconium of their guts, that is, the excrements of the child, which adhere to the intestines after they are born, and which, not carefully carried downwards, prove

prove the death of many an infant. This may be done by giving them oil of almonds, and syrup of roses, join'd to a little oil of nutmegs gradually, till they have thrown downwards that black pitchy stuff, which has lain in their little bowels for so many months.

As soon as you perceive, that all this is passed off by stool, which you will know by the colour being changed from a black or gritty matter, to a yellow or brown; then in their diet or spoon-meat, if you bring them up by hand, mix a little drop of spirit of harts-horn in their whole meal, or of good sal volatile oleum, which is yet better, twice or thrice a day, and continue to do this daily for some time, and you will very probably prevent both gripes and convulsions: Or, if this should be looked upon to be too much trouble for the nurse, let the mother give a strict eye to the child's stools; and if she perceives in them the least tincture of green, then let her be diligent in giving these drops till they turn of a yellow colour; and this you will find a method of great use for the gripes and convulsions. And as children are almost always fed too high, it is probable their little stomachs may be crammed too much with phlegm of a sour nature; and a little dose of suitable physick, such as the syrup of roses just mentioned, with the oils of almonds and nutmegs, once in a month, will be useful.

I have often known a method made use of by nurses, which is of a dangerous nature: When the children disturb their rests by crying, they give them doses of meconium, or syrup of white pop-

pies, in order to set them to sleep and keep them quiet. This is a very pernicious and wicked custom, and parents can never be too cautious about it. If they find their childrens bellies swell'd; if they are costive and drowsy; if they are thirsty, and lose their appetites, there ought to be inquiry made how all this comes about: and to bring nurses to a confession, you must press, that the child may take now-and-then a dose of this syrup, or of Venice treacle; and when they think you fall in with their notions heartily, they will be fools enough to own, that they have always practised this secret, or it would not have been possible to have kept the child easy; whereas an admonition against it, would only have served to make them conceal their wicked arts. It is high time to keep an eye upon such a nurse, if you set any value upon your child's health or life.

Children suffer great detriment from this soothing secret, because one dose works twice as long upon them as upon older people: If then a nurse plies the infant with this syrup, 'tis odds but she destroys it before the parent discovers how all this happens.

In Gripes and Convulsions avoid milk-meals, and victuals too much sweetened: All such turn sour upon their stomachs, and ever cause these symptoms. Broths, in such a case, are the best diet; but if children are peevish and very thirsty, milk boiled thin, and such cooling diet, are best. I say, milk ought to be boiled thin, and their pap also. For it is a horrid mistake to boil their victuals so thick, as to be like glue; it sticks indeed to their ribs, as they say, and to every

every place, and their little hearts have not force enough to dissolve it. This is the last scene of our victuals in our blood. When all the fluid parts are carried off by urine and the pores, the juices become jelly'd, and unfit for circulation; and our remedy, in such a case, is to supply liquor to dilute or thin this jelly, that it may not stick too much any-where: For nurses then to look upon this thickness of childrens victuals, as a necessary condition to nourish them, is a vulgar error, that ought carefully to be exploded, and put out of the nurses heads. It is from hence that they are so far from gaining the end they aim at, that they starve the child, and bring it into an atrophy or wasting. However, this is a custom they will readily comply with, according to the mother's desires, because it saves them both labour and fire. At present, mothers are pleased if they see a porringer of gluish victuals, and enough of it, in a pipkin. But this caution, I hope, will prevent this mischief for the future, with all considerate and affectionate parents, and nurses too, who may see these sheets.

Thus far this learned gentleman. It may be further observed on this important article, That besides what hath been said, the distempers of children may be owing, 1. To the thickness of the nurse's milk. 2. To the eating of flesh too soon. 3. To the pernicious use so often practised by nurses of spirituous liquors in their food. 4. To taking cold. 5. To the milk growing sour, and curdling in the stomach, for which honey and water, with a little wine, is a good dissolvent and thinner, after abstinence from sucking for some hours;

and syrup of cichory with rhubarb will expel the faulty matter. Oily substances are not so well in this case; but clysters, and warm fomentations to the stomach and belly, are beneficial. And 6thly, The distempers of children may be owing to the natural acidity of their bowels, which produces such a crudity as is the principal root of all their subsequent distempers; the most successful means toward the cure of which, is the application of absorbent and testaceous medicines. Opium and anodynes are dangerous. Gall is the greatest resolvent of curdled milk. Gentle carminatives, as fenel-water, mint-water, relieve. But after all, the cure of childrens diseases depends very much upon the diet of the nurse.

Children fat, and of a phlegmatick constitution, with soft heads, and an open mould, are subject to the rickets, stubborn *aphtha* or *thrushes*, convulsive coughs, and *scrophulous distempers*: But those of thin habits are most tender, and exposed to the most inflammatory fevers, and violent heats. Such as are born of sickly parents, seldom recover from dangerous illnesses.

In the cure of childrens indispositions we are to take care to use such medicines as are adapted to the tender state of their bodies; and to avoid bleeding, except in dangerous contusions, or feverish and convulsive coughs.

Syrup of peach-blossoms is the gentlest vomit for children, towards opening their bowels; and in great use at present. It may be taken from two drachms to one ounce, and given to new-born infants instead of oil of sweet almonds, syrup of violets, &c.

Oil of sweet almonds, and syrup of violets, or of rhubarb, is, as has been

been observed above, a proper purge for new-born children; and may be continued till the mucilaginous serum in the stomach, and the black viscid excrement in the guts, called meconium, is expelled. The *first milk* is a natural remedy for that end; yielding a fine thin aliment and purge for several days, agreeably to the child's constitution; and which, as the child always brings it into the world with it, is its most natural as well as physical aliment, and a reason why mothers should suckle their own children at least till this meconium is purged off by the bluish thin milk which is so efficacious for this purpose, and which after some days changes to a thicker substance, and loses its purgative quality. When therefore the milk is staler, and has lost its first quality, 'tis necessary to have recourse to the gentle purgatives above-mentioned.

Sweet mercury is seemingly well adapted to infants distempers, but aurum fulminans better. Give a grain, or a grain and a half, to sucking infants, at two doses. This is a safe remedy in convulsive *asthmas*, *epilepsies*, *convulsions*, *gripes*, &c. It has sometimes the nature of a vomit, and brings off very fetid stools.

We shall now proceed to treat severally of the distempers incident to children. And,

1. Of the JAUNDICE, which is generally mortal thro' the carelessness and desperation of the nurse.

This distemper commonly appears at, or soon after, the birth of the infant. It may be cured in a short time by giving powder of *English saffron*, and bezoar mineral, each one grain, in the mother's milk, once or twice a day. Rhubarb is proper when the child is costive, or syrup of cichory with rhubarb.

Salt of amber, millepedes, powder of vipers, &c. are also given in such cases.

2. The CONSUMPTION is a dangerous distemper, and takes its rise from the visciduity of the food; which necessarily causes an obstruction of the chyle, and a depravation of the nourishing juices of the body. A spare diet must be used towards the cure of this distemper. Volatile medicines, and the milder chalybeats, are of service; also anointing the body with gum armoniack. Several children have been recovered by colt's-foot fry'd in the same manner as clary, the juice whereof is also of good effect. A *lingering consumption* is curable by infusing Rhubarb in thin ale or small-beer; which has been found effectual both in this distemper, and the *phthisick*. The medicine known by the name of *unguentum ad atrophian*, may be applied; and those in use against the *rickets*, are equally serviceable in this.

3. *Cutting of the TEETH* is accompany'd with an itching of the gums, convulsions, diarrhoea's, and fevers; which symptoms appear principally in children of gross bodies, at the breeding of the canine teeth. In two years time, for the generality, all the teeth are produced. There are two seasons for breeding teeth; 1. When the tooth strives to penetrate thro' the jaw-bone. 2. When it swells the gum, and makes strong efforts to pierce it. You may render its passage easy by making an incision on the gum, but be not too early in that operation. All the symptoms that attend the breeding of the teeth, are to be cured the same way, i.e. by medicines that absorb and diminish the acid, and afterwards mild purges.

When the gums are inflamed through the difficulty of breeding the teeth, very violent consequences succeed; as gripings, looseness, or costiveness, convulsions, and many other disorders.

Children usually, at cutting their teeth, slobber much, which for the most part induces a *diarrhœa*, and is esteemed a good sign. In this case rub the tooth with a tobacco-leaf steeped in a little ale; which will gently stir the spittle, and preserve the belly soluble. If the child has *convulsions* in teething, give it of crabs-eyes, pearls prepared, and red coral prepared, each one drachm; mix 'em, and make a powder of 8 or 10 grains a dose.

For *Convulsions* a small dose of spirit of hartshorn is effectual, infusing three or four drops in black cherry-water.

4. EPILEPSY owes its origin, 1. To the difficulty of cutting the teeth. 2. Corrupted milk. 3. Strength of passion in the nurse. 4. Worms. 5. Retention of the meconium. 6. Costiveness.

The time this disorder visits children, is generally the first month after the birth, or when they begin to breed teeth.

The following is a well approv'd, though simple remedy for them:

' Take two handfuls of green chamomile, cut it small, and put it into two bags of silk or fine linen: dip the bags into hot milk, and squeeze 'em: then apply them by turns to the abdomen.'

The Hon. Mr. Boyle advises the following receipt against the Epilepsy and Convulsions in children.

' Take about half a drachm, or from one scruple to two, or somewhat more, of finely powdered amber; native cinnabar, ten grains; mix, and sweeten with powder'd

sugar, and give ten grains twice a day for six weeks, unless it cure before: and then to give it two or three days before each new and full moon, for some months successively.' See *Epilepsy*.

When children are afflicted with gripes and *convulsions*, such medicines as diminish the acidity of the nerves, and carry off the crudities by stool, are successfully applied; among which are to be number'd testaceous powders, given with castor.

The nurse must take antispasmodick remedies; as also roots and seeds of male peony, and seeds of sweet fennel, boil'd in whey, each morning and evening. Another approv'd remedy is this: ' Take of oil of capivy, and oil of castor, each two drachms; of oil of amber, half a drachm; mix 'em, and apply the liniment to the child's temples, neck, and nostrils.'

Sulphur of antimony, and aurum fulminans, given one grain a dose, or in more tender constitutions, a grain and half at two doses, are admirable towards the cure of the Epilepsy.

The fit may be instantly taken off by giving two or three drops of oil of amber, and the like quantity of spirit of vitriol, in black-cherry-water. But the most excellent remedy of all is oil of sulphur per campanam, which will certainly eradicate the disorder, especially in the first month: give as much as will procure a pleasant acidity, in some cephalick julep. The powder called *ad guttetam* is useful to prevent a relapse.

The Hon. Mr. Boyle recommends the following in convulsions:

' Put two or three drops of chymical oil of rosemary into half an ounce of sack in an ounce bottle; stop

• stop and well shake the phyal to
• make a whitish mixture just be-
• fore you give it; or else into an
• half-pint phyal put four ounces of
• sack, and drop into it forty drops
• of the said oil; and shaking the
• phyal, give a child's little spoon-
• ful.

5. *Convulsive Coughs*, with which children are afflicted till they discharge a mucous matter, and become easy for a time, till it returns in like manner, proceed from the acidity of the stomach, or from a saline quality, to which tender bodies are liable thro' the sharpness of the air. Children often die of a catarrh, and a rattling in the breast: wherefore they must be kept from the injuries of the air, which is very destructive to them.

For a *convulsive Cough*, give a spoonful at a time, of the following:

Take Rhenish-wine one pint; Macedonian parsley-seed two ounces; boil them for a few minutes, and then let them stand covered till cold; to the liquor strained add syrup of marshmallows one ounce and half; mix; give the child a large or small spoonful, according to the age, three or four times a day.

A vulgar specifick is the flesh of dry'd mice; but the cup-moss, taken in any form, is generally approv'd. An extract of millepedes for a phthick, julep of nutmeg, syrup for a convulsive cough, &c. are reckon'd to have good success in some cases. A decoction of moss growing on trees, particularly the oak, is preferable to all the rest. To infants of tender age may be given oil of sulphur per campanam, or aurum molicum; and fresh whey from the cheese may be taken as a common drink.

Bleeding and repeated purges

will sometimes cure this disease, without the help of other remedies: but a vomit is, in some stages, requisite, which may be promoted by a feather dipt in oil. Sperma-ceti in broth is of excellent use. Turnep-broth is also much recommended.

6. A DIARRHOEA in children must first be soothed with testaceous powders, and afterwards be purged off with rhubarb. Mouse-dung, given with a due regard to the patient's age, is an approved medicine for costiveness. In infants of tender constitutions, anointing the belly with butter before the fire, and washing the thighs and buttocks constantly with cold water, will have a good effect. Liniments of scammony, colocynth, &c. are useful. The cause of this disorder is to be attributed to some fault in their pap or milk.

7. The GRIPES are cured by applying sperma-ceti with oil of aniseed after giving a glyster; and other laxative and absorbent powders. Juniper, to which may be added a sufficient quantity of ox's gall, as also a liniment of oil of rue and chamomile, may be used externally.

8. FEVERS, or *Gripings in the Bowels*, when they attack a child of a year old, are commonly carried off by taking every fourth hour, about a scruple of some of the following powders; viz. Crabs-eyes, crabs-claws, egg-shells, oister-shells, coral, corallin, mother of pearl, Gascoign powder, bezoar-stone, &c. and a little of the following julep: Take four ounces of alexiterial milk-water; two drachms of black cherries; piony, and compound epidemick-water, each two drachms; a sufficient quantity of fine sugar; mix it, and make a julep. Sometimes an emulsion of sweet almonds,

&c. should be given to quench the thirst, and allay the humours.

In irregular cases, six grains of ethiops mineral, and sometimes one scruple; or four grains of sweet mercury, with a little flower of sulphur, in a spoonful of some pleasant syrup, will intirely remove, or considerably diminish the most dangerous symptoms.

About the third day, generally, a child of a year old may take the following purge; Syrup of cichory with rhubarb two drachms; powder of rhubarb eight or ten grains; alexiterial milk-water, and small cinnamon-water, each a sufficient quantity to dissolve: mix 'em. Rhubarb is absolutely the best physick for so tender an age.

9. VOMITINGS in Children, from whatever origin they spring, are wholesome, unless too violent: Some ill quality in the milk is generally the cause of it.

If they are too frequent, and the matter be discoloured, inject a glyster, and apply carminatives inwardly, as nutmeg, and such-like; outwardly, roasted bread soaked in wine, and sprinkled with spices, may be used to the stomach.

10. Miliary ERUPTIONS on the skin, commonly called the *Red Gum*, torment children about the third or fourth day after their birth. It may be intirely cured by confection of alkerms, Gascoign powder, and saffron in generous wine, *&c.*

11. The LOUSY DISTEMPER is to be cured in one night's time by washing the head with a lye, in which the seeds of staves-acre have been boil'd, and anointing it with this ointment: 'Take oil of spike two drachms; oil of sweet almonds half an ounce; ointment of tobacco six drachms; mix 'em, and make an ointment.'

12. APHTHÆ, or *Thrushes*, are small ulcers, spread over the whole mouth, and even, as is thought, to the stomach: they are mostly white, sometimes yellow or black, which is the most dangerous. After the use of absorbent and testaceous powders, you must gently dispel the humours by syrup of cichory and rhubarb. Avoid purging, because it is apt to induce a diarrhoea, the worst symptom of all. A decoction of elm-bark with honey of roses, is the best gargarism. In young children, rape-oil, mixt with some sugar, gives instant ease. Album Græcum, and spirit of sulphur, with honey of roses, is admirable. Mucilage of quince-seeds, with the juice of the larger houseleek, composes a good remedy for the *Aphtha*; but the best of all is rape-juice, roasted in a close vessel, and press'd out, without sugar. As a proper specifick, 'Take juice of the larger houseleek, the best honey, each an equal portion: boil it some time, in order to clarify: then add a sufficient quantity of roch alum, to an indifferent sour taste: make a mixture; and anoint the mouth and throat, every hour or oftener, with a feather.'

13. WORMS in children are of dangerous consequence, when they are expelled either by the mouth or otherwise, of themselves. The principal signs of them are terror in sleep, plentiful spittle on an empty stomach, swell'd belly, grinding of the teeth, gnawings of the stomach, redness and paleness by turns, dry coughing, looseness, scratching the nostrils, thirst, loathings, vomitings. When the worms are large, they consume the moisture and instead of looseness will bind and swell the belly; and have been known to eat through the guts. Yo

You may externally use this ointment: 'Take two drachms of aloe, half a drachm of myrrh; six grains of oil of wormwood; a sufficient quantity of bull's gall; mix 'em, and make an ointment: to which add a few drops of oil of colocynth, for a spur.'

A celebrated remedy among the *Italians* is this: 'Take one drachm of quick-silver; infuse it at night in two ounces of Italian-vetch-water: in the morning decant the liquor, and drink it.'

As an excellent destroyer of worms, 'Take an ounce of quick-silver, boil it in half a pint of common water, or rather in the white decoction: or shake it well in a glass vessel, till the mercury sinks; then pour off the clear liquor by inclination, and give it the child as its ordinary drink.'

Native cinnabar is a very good medicine against worms, but calcin'd tin a better; whence the following worm-powder: 'Take calcin'd tin, coralline moss, and worm-seeds, each one ounce; saffron, each one drachm: mix 'em, and make a powder; which administer from half a scruple to one scruple.' This is not purgative. A drop of quick-silver, as big as a large pea, with a little milk, in a spoon, is safely given to young infants. *Bates's Vermifuge Plaster* and *Syrup* are sometimes used successfully.

Children subject to worms ought not to live much upon milk, cheese, ripe fruits, nor take much sugar; because some insects lay their eggs in sugar.

The gall of animals, and mercury, kill worms, and destroy their nests; it is found by experience, that the water in which mercury is boiled has this effect; all bitters

among alimentary substances; honey and oil given by the mouth, or clysters, have a good effect; they may be taken together fasting; any substance, which by its pungency can wound the worms, will kill them; as steel, hartshorn, coralline, coral powdered, fish bones, &c.

14. SCABBY ERUPTIONS are frequently seen in infants, spreading over their faces, and several parts of their bodies. The cure must be left to nature, unless the nervous or muscular parts are thought to be in danger; in which cases ethiops mineral, diaphoretick antimony, &c. may be applied. If the scab is dry, anoint it with oil of sweet almonds, with a few drops of oil of tartar per deliquium, or balsam of sulphur, common lye, &c. Or if it runs, sprinkle it with powder of stones, calaminth, tutia, ceruse, flower of sulphur, camphire, &c. Sweet mercury is safer than the other mercurials.

For the *Tinea* or *Tetter*, 'Take litharge of gold, and ceruse, each two drachms; flower of sulphur, and quick-silver, each one drachm; a sufficient quantity of oil of roses: mix it, and make an ointment.' Begin the cure in the wain of the moon.

15. The RICKETS arise from weakness of the nerves, from sickly parents, and especially from mothers of a weak lax constitution, living on a various, high, and plentiful diet, without exercise; and also are often got from an unwholesome nurse; bad or improper diet; as of pudden, much butter, wet or ill-air'd linen; eruptions of the skin struck in, or ill-cured; or exposing their lower parts too long to cold air. Ricketty children are to be cured by applying leaches, purging medicines.

medicines, diaphoreticks, digestives, specificks, and breathing a vein. Clysters laxative, and sometimes strengthening, clysters of the decoction of horse-dung, flower of rosemary, terebinth, with an extract of live millepedes, may be injected. Purge with rhubarb and calomel. Issues made betwixt the first and second vertebra of the neck, are very useful. Volatile salts, balsam of sulphur, elixir proprietatis, and ens Veneris, are well approv'd. Steel is sometimes proper, tho' to be used with caution. Oil of snails is of good service in hectick and phthical children. The diet of ricketty children ought to be moderately warm, even mixed with spices and carminative seeds. They ought to forbear new bread, and rather use biscuit. White flesh-meats should be indulged them, and rather roasted than boiled, and a moderate quantity of wine. Frictions and chafings of the back-bone and joints with flanel, smoaked with penetrating aromatical substances, and fomenting the joints with old Malaga wine, have often proved very effectual. They ought to use as much exercise, especially by coach or other carriage, as they are capable of. The lower belly must be opened by vomits, and proper purgations; for there is chiefly the seat of the disease; and afterwards the cold bath is a very proper and effectual remedy.

For the Rickets.

TAKE liver-wort, spotted lung-wort, chervil, of each one ounce; red sage, half an ounce; raisins of the sun, currans, figs, of each one ounce and half; aniseeds, sweet fenel-seeds, of each two drachms; boil them in three pints of water to a quart; to the

strained add compound syrup of piony, three ounces; give the child three or four spoonfuls twice a day.

For the *swelling* of the *Abdomen*, place the child in a proper vessel, and cover him almost over with barley soaked in boiling water, till you perceive a gentle breathing sweat.

You may give the child the following clyster:

' Take stone-horse dung, one
' ounce and half; anise, fenel, and
' pounded mallow-seeds, each half
' a drachm; chamomile-flowers,
' half an ounce; boil them in a
' pint and half of whey, to six
' ounces; strain it, and dissolve in it
' ten drachms of syrup of violets;
' of red sugar, and oil of roses,
' each half an ounce; mix it, and
' make two clysters.'

The Rickets were scarce heard of till the year 1630, and were not mentioned in the bills of mortality till 1634, and then but fourteen for that whole year, from which time they increased, so as to be five hundred and twenty-one, in the year 1660; and now they are decreased again; and perhaps may in some years (like a comet) quite disappear.

16. The VENEREAL DISEASE, contracted in children from the nurse, is cured with no great difficulty, taken early, by the flour of sarsaparilla given in their pap or panada, adding some citron sanders, with purging at proper intervals.

17. HORSE-SHOE-HEAD causes the sutures of the skull to be too much relaxed, which continue so for some years; it generally portends a weak constitution, and may be cured by embrocating the parts affected with rum or brandy, adding palm-oil, or the white of an egg.

18. HEAD

18. HEADMOULDSHOT is when the edges of the cranium, chiefly at the coronal, lie over each other, which compresses the brain, and causes convulsions that often terminate in death.

We shall further observe under this head, that nothing is more grateful and refreshing to young children, than the pleasant air: It comforts their spirits, and causeth a free circulation of the blood and radical moisture, begets appetite, and makes them grow in strength; and let them alone to their own choice, nature and instinct point out this to them very remarkably; for from earliest infancy upwards, they are never better pleased than when they are carried abroad, or in the air: But, on the contrary, hot sulphurous airs, with great fires, and warm cloathing, do not only hinder the circulation of the blood, but suffocate the spirits, and destroy the appetite, causing an unnatural heat to possess the whole body; whence proceed various disorders and diseases.

Also close Bindings, tight swathings, over-warm cloathings, and thick hot airs, do oft in weak-spirited children cause convulsions, vapours, and fumes, to fly into the head, sometimes occasioning vomiting, &c. which people call windy diseases.

The following receipts are well approved in their respective cases.

Against Gripes, Worms, &c. in Children.

T A K E fine rhubarb, (cut into thin slices) two drachms; liquorice, aniseeds, each a drachm and half; raisins stoned and shred, thirty or forty; put them into a glass bottle of ale, holding a quart. This

purgeth kindly, without gripes or sickness; takes off the slipperiness of the ventricle and intestines, and leaves them stronger than before. It is a mortal enemy to worms, and is given to two ounces more or less; and to very young children in proportion.

A Clyster for the Gripes in Children.

T A K E powdered white chalk, half an ounce; rue, chamomile flowers, each two drachms; boil in water a pint to six ounces; to the strained add tincture of castor, two drachms; diascordium, two drachms; oil of aniseed, ten drops; mix, for two glysters.

It comforts the intestines, dissipates wind, eases pain, takes off spasms, and is superlatively good and convenient for small children; when (by reason of hard breeding of teeth, or four humours) they have green griping stools, and are troubled with inquietudes, watchings, feverish flushings, and when convulsions threaten them.

For a sore Mouth in a young Child.

B O I L honey a little, then put in some burnt alum, but not to make it too sharp; then put in a little wheat flower, and a little of the moss of black-thorn burnt to ashes; and so anoint the child's lips with it, when it goes to sleep, who by licking it in, will heal its own mouth.

For an Ague.

T A K E three quarters of an ounce of jesuits powder; beat up either with figs or blue currans; sprinkle it with a little brandy to moisten

moisten it; spread it upon sheeps leather, and put it to the wrists.

For an extreme Cold, and Stoppage in a Child's Head.

TAKE the tallow of a fine cotton-light, and melt it; then wet a little piece of paper in it, strew some grated nutmeg upon it, and lay it upon the mould of the head; if the child has a cold at the stomach, apply a piece of the same sort to that part. You may use it for a child of a week old.

For Convulsion Fits.

TAKE two or three drops of the spirit of aniseeds in a little beer or breast-milk, and give it the child.

For the same.

TAKE a pint of spring-water; three sprigs of centaury; three sprigs of St. John's wort; two or three branches of yarrow; some pieces of gold: boil these on a very gentle fire, till the third part of the liquor be wasted; then strain out the herbs, and add to it half a drachm of red coral, half a drachm of amber, both finely powdered; one leaf of gold; half an ounce of brown sugar-candy; half a drachm of London-treacle; keep 'em hot for one hour over the fire; afterwards put them up in a bottle: when you give it, shake the bottle, that the powders may mix: give two spoonfuls to a child new-born, the first thing it takes, or whenever the fit assaults the child. It will keep a fortnight in a cool place.

For Costiveness.

ANoint the navel of the child with May-butter, morning and evening, with a warm hand.

For an extreme Cough.

TAKE an ounce of white sugar-candy, finely beaten; two or three spoonfuls of hyssop-water: mix these together, and set it on the fire to heat, but not to boil, till all the sugar-candy be dissolved; then take it off the fire, and let it stand till it be cold; afterwards put to it an ounce of oil of sweet almonds newly drawn; then shake it together every time you give it, which must be one spoonful every night and morning, or oftener, if you please.

For a fretting Cough.

TAKE an ounce of white sugar-candy, and beat it; then dissolve it in two or three spoonfuls of hyssop-water; then put to it an ounce of oil of sweet almonds, newly drawn; which may be known by its being thick and white; for when it is clear and green, it is old. Shake this well together, and give the child now-and-then a spoonful.

A Purge.

TAKE half a pint of milk-water; and a quarter of a pint of Canary; two drachms of rhubarb; liquorice scraped and sliced; coriander-seeds, caraway-seeds, of each two drachms; half a score raisins of the sun stoned; put all together in a bottle. A child of a month old may take a spoonful.

Another.

Dissolve half an ounce of manna in a little posset-drink; then strain it, and give a child of a quarter old this quantity, three mornings successively, or every other day.

For

For a sore Mouth, Phlegm, or Hoarseness.

TAKE half a pint of crab-verjuice; brown sage, washed, dried, pounded, and strained off the juice, two spoonfuls; half a pound of loaf-sugar, finely beaten; mix all these together, and let it boil gently till it come to a syrup. For a child's sore mouth, give it a little before it sucks, and so night and morning. For phlegm and hoarseness, take it fasting in the morning, and last at night, and as often as you will besides.

For the Worms.

GIVE a clyster of new-milk and sugar.

For the same.

TAKE oil of rue, oil of savine, a little honey, spread it upon white leather, and strew a little powder of myrrh and powder of aloes upon it: make the plaister,

that it may reach over the pit of the stomach, and over the navel.

For the same.

TAKE lavender-cotton, boil it in milk, make it sweet with manna; then give it the child.

For the same.

SPREAD mithridate on leather big enough to come over the navel and stomach, and strew it thick with powder of aloes; give inwardly the juice of limon, in which a little saffron is dissolved, in a little bag, and squeezed: a child of three years old may take a little tea-spoonful of it often in a day.

To stay Bleeding.

WHEN 'tis hot weather, if your child bleed, give it, for three mornings together, three spoonfuls of the juice of liverwort, in plain posset-ale.

See Measles, Raptures, Small-pox, Thrush, Worms, &c.

CHRONICAL DISEASES

LAST long, wear out the constitution leisurely, and are accompanied with a slow pulse; whereas acute distempers soon terminate either in death, or recovery, and are joined with a quick pulse. The scurvy is the root of most chronical diseases of the *British* nation, and is a necessary consequence of their living almost wholly on

animal food, and drinking so much strong liquors. As chronical diseases are not brought on at once, so they cannot be quickly removed: Therefore all quacks, and pretenders to instantaneous or speedy cures of such distempers, are to be suspected and despised.

See Palsy, &c.

C O L I C K.

COLICK originally signifies only a disorder of the choler;

but is generally used to express any disorder of the stomach or bowels, that

that is attended with pain. The learned give us five distinctions of this terrible disease; to wit, 1. A *bilious Colick*, which arises from abundance of acrimony or choler, which so irritates the bowels, as to occasion continual gripes, and generally a looseness. This is best managed with lenitives and emollients, which by degrees purge off and soften the offending humours. 2. A *flatulent Colick*, proceeding from flatus's, and wind pent up in the bowels, which distends them into unequal and unnatural capacities: This is managed by carminatives and moderate openers. See *Hypochondriack* and *Hysterick*. 3. An *hysterical Colick*, arising from disorders of the womb, which are communicated by consent of parts to the bowels, and is to be treated with the ordinary hystericks. See *Feminine Disorder*: Also *Hypochondriack*. 4. A *nervous Colick*, proceeding from convulsive spasms and contortions of the guts themselves, from some disorders of the spirits, or nervous fluid, in their component fibres; whereby their capacities are in many places streighten'd, and so as sometimes to occasion obstinate obstructions: This is best remedy'd by brisk catharticks, join'd with opiates, and emollient diluters in plenty at the same time. And, 5. There is a species of this distemper called the *Stone-Colick*, proceeding from the irritation of the stone or gravel in the bladder or kidneys; and this is most commonly to be treated by nephriticks and oily djureticks, and is greatly assisted with the carminative turpentine clysters. See *Stone*, &c.

The following different method in which the flatulent and bilious colick ought to be treated, will be of use to the reader: The one be-

ing to be managed with warm medicines, and the other with cooling and diluting remedies.

For a Colick newly taken, proceeding from cold in a phlegmatick habit,

' Take a scruple of extract of
' Ruidius; seven grains of mercurius
' dulcis; one grain of opium; one
' or two drops of oil of cloves;
' make four or five pills; to be ta-
' ken in a spoonful of warm wine;
' or if the patient do not like pills,
' take the following potion; to wit,
' Take mint water, two ounces;
' elixir salutis, an ounce and half;
' refin of jalap dissolved in the yolk
' of an egg, four grains; syrup of
' buckthorn, six drachms; liquid
' laudanum, twenty or twenty-five
' drops.' Take it, and keep warm.

A quite different method must be taken in a colicky constitution, when the colick pains are very acute, and the person is feverish, thirsty, and subject to vomit. For here ten or twelve ounces of blood ought to be taken from the arm, to avoid an inflammation of the bowels. Hot liquors, which did service in the flatulent or phlegmatick Colick, will do harm in the bilious; and therefore they should only drink sack-whey, toast and water, or milk-water: and only such physick as will purge and dilute. Our *English* purging waters are proper in this case; and if they are not at hand,

' Take an ounce of Glauber's salt,
' or of cream of tartar, and dissolve
' it in boiling water, and sweeten-
' ing with syrup of solutive roses;
' let it be drank gradually till it
' works down gently, but effectually:
' And when the operation is over,

' Take a draught of mint-water,
' two ounces; spirit of nitre dul-
' cify'd,

cify'd, fifteen drops; and one ounce of syrup of white poppies; and this will generally perfect the cure, if taken early: but if it should not, repeat it twice or thrice, and it will hardly fail. But remember to drink nothing strong, but what is well diluted with water, for three or four days.

From the above descriptions of the several sorts of Colicks, and the manner in which they ought to be treated, and the above two instances of the different regimen to be observed in the flatulent and the bilious kind, the intelligent readers will be able to select from the following approved receipts some one or more proper to the case they have to manage.

An almost specifick Remedy for a Fit of the Colick.

TAKE about half a drachm of expressed oil of nutmegs (usually sold in the shops for East-Indian oil of mace); dissolve this in some spoonfuls of good wine, which the patient is to take as hot as conveniently he can.

An approved Medicine for inveterate scorbutick Colicks, and Pains of the Bowels.

TAKE *English* barley three ounces, and having well wash'd it, boil in three pints of fresh spring-water till it be just ready to burst; then pour of the clear upon the yellow part of the rinds of two lemons, freshly cut off from the white part, and put them into a bottle; which being carefully stop'd, the liquor is to be made the patient's constant drink.

An excellent Medicine for the Colick.

TAKE half a pint of Dr. Stephens's water; half a pint of plague-

water; half a pint of juniper-berry-water; powder of rhubarb one ounce; mingle these together, and take about four spoonfuls at a time, shaking the bottle each time.

An Infusion for the Colick.

TAKE zedoary-root bruised one ounce; Canary wine, brandy, each half a pint; macerate in a gentle heat twelve hours: to the strain'd add oil of juniper, sixteen drops; oil of cloves, four drops; fine sugar one ounce; mix.

In a bilious Colick no medicine will avail much, till the body be cooled and wrought through with a purge; and after it is so, this medicine will be useful. In an hysterick Colick, Dr. Sydenham prescribes zedoary between the fits. Two or three ounces are to be taken three or four times a day.

A Fomentation for the Colick.

TAKE chamomile-flowers two ounces; juniper and bay-leaves, each one ounce; crude salt armoniack half an ounce; boil in water three quarts to two; adding at last seeds of sweet fennel, caraway, cumin, and anise, bruised, each half an ounce; to the strain'd add brandy one pint; mix. This is useful not only in a flatulent or Wind-colick, but also in the torturing bilious Colick: For when the pain rages intolerably, and the sick is so costive, that the strongest purges will not pass, then it is that these fomentations happily assist the purges, and break off the disease.

For the Colick.

TAKE ten grains of Gascoigne's powder, ten grains of rhubarb, ten grains of nutmeg; mix these ingredients in a spoonful of plague or

or hysteric water; drink a little after it; take it three nights, and miss three, till you have taken it nine nights.

Tincture of Rhubarb, for the Colick, Gripes, &c.

TAKE of rhubarb two ounces; the lesser cardamums, and saffron, each two drachms; true French brandy, a quart and four ounces; extract a tincture according to art; then strain it off, and add thereto four ounces of solutive syrup of roses. Take in the intervals of the fit, two spoonfuls every morning; and in the fit, eight spoonfuls.

For a Colick attended with a Vomiting.

TAKE the waters of black cherry, mint, and compound wormwood, of each two ounces; limonjuice, one ounce and a half; salt of wormwood, one drachm; syrup of balsam, one ounce; spirit of mint, and compound lavender, of each one drachm and a half: mix, and take three spoonfuls after every vomiting: If the case is bad, add to it one grain of opium.

For the Stone-Colick.

TAKE the leaves of mallows, and fennel, of each half an ounce; salt of tartar, half a drachm; boil them in spring-water, to a pint strain'd; put gum Arabick, half an ounce; white-wine, four ounces; syrup of marshmallows, one ounce and a half; sal prunellæ, two drachms; sal volatile oleosum, one drachm: mix them, and take four ounces every two or four hours, as occasion requires.

For the same.

TAKE horse-dung three ounces; penny-royal water, parsley-wa-

ter, of each a pint: warm them; then strain, and add white-wine, half a pint; juniper water, four ounces; sal volatile oleosum, two drachms: mix, and take four ounces as occasion requires.

For a Colick.

TAKE orange-peel, six drachms; calamus aromaticus, galangal, bay-berries, of each one drachm; cinnamon, cumin, of each a drachm and a half: make a powder, and take a drachm of it in the Colick-pains.

A Clyster for the Colick.

TAKE chamomile-flowers, half an ounce; bay-berries, juniper-berries, sweet fennel and cuminsseed, of each two drachms; simmer them in water enough to strain 10 ounces; then add oil of aniseeds, one drachm; fallad-oil, one ounce and a half; brown sugar, a spoonful: make a clyster.

For the Colick.

TAKE linseed-oil fresh drawn without fire, one ounce; balsamick syrup, and syrup of maiden-hair, of each two drachms: mix, and make a draught, to be taken morning and evening for three days.

Colick-Pills.

TAKE extract of Rudius, one scruple; extract of Theban opium, one grain; oil of caraways, one drop: mix, and make pills, four in number; to be taken as soon as may be, and to be repeated, if the pain requires it.

A Tincture, which being continued for a considerable time, perfectly cures those that are much troubled with the Colick.

TAKE gentian-root sliced thin, orange-peel, calamus aromaticus grossly beaten, of each two drachms;

drachms; rhubarb shred, half an ounce; aniseeds, three drachms; hiera picra, three drachms: infuse them warm twenty-four hours in a quart of white-wine; strain, and take three or four spoonfuls every morning, fasting an hour after it.

For the Wind-Colick.

BEAT the hard roe of a red herring small to powder, and take half a drachm in a draught of white-wine or Rhenish.

An excellent Medicine for the Colick.

TAKE of assa-foetida, two drachms; gromwell-seed, one ounce; parsley-seed, one ounce; pellitory of the wall, one ounce; nine or ten barberries: beat all these very small separate; boil them in a quart of white-wine, and let the wine be clarified before you put in the seeds: then boil them till half be wasted; strain it thro' a cloth, and put there-to a quarter of a pound or more of brown sugar-candy; divide the portion into three parts, and drink it warm, morning, noon, and night, as occasion serves.

A Clyster to be given in a Colick without Looseness.

TAKE half a pint of sack; four spoonfuls of sallad-oil; two spoonfuls of clyster-sugar: set them over the fire, only till the clyster-sugar be dissolved; then strain it; take afterwards a lump of hard sugar as big as one's thumb, and drop upon it ten drops of oil of aniseed; then put in the lump of sugar, and dissolve it in the clyster. At the same time drop ten drops of oil of aniseed on another lump of sugar, and take it inwardly.

A Clyster for the Colick.

A Pint of posset-drink, bay-berries, juniper-berries, chamomile-

flowers, of each half an ounce; a spoonful of oil, the bigness of a nutmeg of mithridate, and brown sugar: fresh urine in the room of posset-drink is excellent.

The Colick-Water.

POUND fifteen ounces of chamomile-flowers in a mortar; infuse them twenty-four hours in five pints of simple distill'd water, drawn from chamomile-flowers; add to it three pints of sherry; press off the liquor clear; let it stand twenty-four hours; then press off the liquor again: after which add to the infusion, six ounces of orange-peel; an ounce and a half of nutmegs; three drachms of cubebs and cardamums; of the seeds of caraway, fennel, anise, angelica, lovage, of each one ounce; juniper-berries, two ounces; cloves and mace, each two drachms; the flowers of rosemary, one ounce; the tops of mint, two ounces; of carduus-tops, two ounces; of angelica-roots and galengal, each one ounce: the roots being sliced, the seeds and tops bruised, put these ingredients into the liquor aforesaid, and let it stand twenty-four hours more; then distil it in an alembick with a gentle fire.

The Colick-Powder.

TAKE half an ounce of rhubarb; a quarter of an ounce of caraway-seeds; and the same quantity of cream of tartar and liquorice, all powder'd and sear'd: give half a drachm, or two scruples, night and morning, in what vehicle you please. 'Tis to be taken three times a week at first; and afterwards when you find your stomach out of order.

The hysterical Colick, as we have already observed, is to be treated

treated with the ordinary hy-stericks. See in the receipts under the head of *Hypochondriack Disorders*.

The Stone-Colick, by nephriticks or diureticks. See *Stone*.

The Colick attended with looseness, gripes, &c. as in several cases, to be found under the head of *Fluxes*, &c.

CONSTITUTION.

UNDER this head, we shall give the following general rules to be observed in the diet of persons of different constitutions, together with the symptoms which will discover the respective constitution of each person.

And, 1. *In lax and weak Fibres.*] The signs of which are, Paleness, a weak pulse, palpitations of the heart, flabby and slack flesh, laziness, lassitude, bloatedness, scorbutical spots.

Such ought to avoid all great evacuations, especially letting of blood, viscous or tough substances, and such as are hard of digestion; also a sedentary life, and moist air. They ought to take aliment frequently, in small quantities, nourishing, and of easy digestion, such as milk, broths and jellies of flesh-meat, panadas, &c. Their drinks ought to be austere wines mixed with water, or any wine mixed with chalybeat water; and to use in their aliment styptick austere vegetables, as far as their stomachs can bear them.

See *Diet, Feminine Disorders*, &c.

Too strong and springy Fibres.]

The signs of which are, A body hard, dry, scraggy, hairy, warm, with firm and rigid muscles, a strong pulse, activity and promptness in animal actions.

Such constitutions are subject to inflammatory distempers. Their nourishment ought to be emollient and cooling, the pulps, juices, jellies, mucilages, and decoctions of

vegetables, animal oils, and all things which relax and increase fat; avoiding all things seasoned with spice and salt: Their drink, water, barley-water, whey; and especially to avoid fermented spirits, which to such are extremely hurtful. Bathing in tepid water is beneficial to such constitutions, and immoderate labour or exercise hurtful.

See *Fevers, Pleurifies*, &c.

Plethorick Constitutions.] The causes of it are, A good stomach, nourishing diet, a good digestion, little exercise, much sleep, and suppression of usual evacuations, especially perspiration; herefore the avoiding these, and inducing their contraries, are the proper cure in this case.

A plethorick constitution is subject to a stoppage of the circulation, and consequently to suffocation, ruptures of the vessels, and sudden death; therefore it ought to be speedily broken by proper artificial evacuations, and restoring the usual natural ones. Long abstinence is not proper for plethorick constitutions; for it thickens the fluids. Frequent blood-letting in small quantities, often increaseth the force of the organs of digestion, fattens, and increases the distemper. They ought to avoid oily and nourishing substances: watery vegetables, as being less nourishing than animal diet, are proper; and fish rather than flesh. In a *Lent*-diet people commonly fall away.

See

See *Apoplexy, Epilepsy, Palsy, Lethargy, &c.*

Sanguine Constitutions.] Such are known by their complexion, or colour of their countenance and skin: they are subject to hæmorrhages, inflammations, especially of the lungs, imposthumations, and often to scrophulous distempers.

All things which accelerate the motion of the blood are hurtful to sanguine constitutions, as violent exercise and watching.

Acid substances, especially vinegar, are useful. The copious use of vinegar brings paleness.

The sanguine ought to avoid the copious use of all things that abound with an acrimonious, salt, and high exalted oil, as mustard, onions, garlic, leeks, the herbs used in seasoning; and in general all spices. See *Hæmorrhages, Lungs, Cutaneous Distempers, &c.*

Constitutions subject to Acidity, or Sharpness of Blood.] The signs of which are, Sour belchings, a craving appetite sometimes of unusual things, as in the case of the green-sickness, colickal pains, dry gripes, change of the colour of the bile from yellow towards green, a sour smell in the excrements and sweat, paleness of the skin, lowness of the pulse, and some sort of eruptions of the skin.

Such ought to abstain from the copious use of acid elementary substances: they ought not to eat much bread, nor take great quantities of mealy substances, nor drink much of fermented liquors, especially sour and thin wines.

Their diet ought to be rather of animal substances than vegetable. The flesh of those animals which live upon other animals is most anti-acid, as several birds and water-fowl; though those are offen-

sive to the stomach sometimes, by reason of their oiliness. Vegetable and animal oils are often agreeable to such stomachs, as almonds, pistachoes, cream, butter, marrow.

Water, or wine not sour or thin, is their proper drink.

They ought to use much labour or exercise; for labouring people have commonly a good digestion, and subdue the acidity of their aliment. See *Colick, &c.*

Constitutions abounding with a spontaneous Alkali.] The symptoms of which are, Heat, thirst, hot nidorous belchings, foulness of the tongue and palate, a bitter and hot taste in the mouth, sickness, loathing, bilious vomitings, stools with a cadaverous smell, pains in the belly, with heat.

Such a state disposeth the humours of the whole body to heat, inflammations, and putrefaction, hinders nutrition, and often causeth eruptions on the skin, dark, livid, lead-colour'd and gangrenous, and what is commonly called the hot scurvy.

Such constitutions ought to avoid an animal diet, especially fat; also spices, and all vegetables, which abound with an acrimonious, salt, and high exalted oil; and the copious use of salts in general. All animal salts are alkaline: sea-salt and rock-salt, though they are of a mixed nature, rather increase the disease; salt-petre is the most cooling and proper.

They ought to live much upon aliments made of grains, or mealy substances; to eat much bread, and season much with vinegar; thin wines, wine mix'd with water, water with juice of limon, and especially milk and water, are proper drinks. Such as feel no inconvenience in taking acids, ought to take

take them plentifully. People of such constitutions ought not to use violent exercise, nor long abstinence, which disposeth to such a state; and after long abstinence they ought not to eat plentifully; they ought to use liquid rather than solid aliment.

Plethorick constitutions are subject to fall into this alkaline state of the fluids, which is more dangerous than that which proceeds from acidity; therefore one cannot be too early and quick in discerning a tendency to such a state, and observing if the person be plethorick, hot, or dry; if the air be hot; if bilious fevers reign; if there be any acrimony in the feces, urine, sweat; or a yellow cast in the skin. With the signs above-mentioned, by an early application of proper remedies, many dangerous and fatal diseases might be prevented. See *Scurvy*, &c.

Phlegmatick Constitutions.] The signs of which are, Sickness of the stomach, a sense of fulness without eating; crudities or meat remaining in the stomach undigested, dejection of appetite, wind coming upwards, but especially tough phlegm frequently rejected by vomiting; inflations and tumours of the belly, (sometimes short breath) and paleness. When a child grows pale, and his belly swells, as happens to those that are rickety, there is certainly tough phlegm in the intestines, which commonly shuts up the mouths of the lacteals, and hinders the nourishment from passing.

Persons of such constitutions ought to avoid mealy substances unfermented, unripe fruits, and all viscous nourishment; they ought not to let blood, except upon urgent occasions, nor provoke sweat, which thickens the humours. Their diet

ought to be soapy substances, spices, salt, garlick, onions, leeks, and the warm vegetables used in seasoning, thyme, rosemary, savory, basil, marjoram, and in general, every thing which exalts the bile; for bilious and phlegmatick constitutions are opposite; and even children so diseased ought to use a warmer diet, than what seems proper to their age without it. Phlegmatick persons ought to drink fermented liquors, and generous wines, such as put the blood in a vigorous motion. Warm water dissolves phlegm, but relaxes too much.

Thickness of Blood.] The signs of which are, Thirst, leanness, excess of animal secretions, as of urine, sweat, liquid dejections, too strong a perspiration.

For such, the diet prescribed in lax or weak fibres is useful; milk boil'd with grains, especially rice, rather solid than liquid aliment, and austere wines for drink.

Oily or fat Constitutions.] Fat people ought to eat and sleep little, and use much exercise, in which the cure chiefly consists.

Whatever heats moderately, stimulating substances, as mustard, horse-radishes, garlick, onions, leeks, spices, and the aromatick plants used in seasonings, saffron, carminative seeds, meats high seasoned with salt, pepper, and vinegar, are all proper, and dissolve fat: they have only one inconvenience, that they create thirst, and great quantities of liquids increase the disease, by diluting and relaxing the solids; salt is a great dissolver of fat. Fat people ought to avoid oily nourishment; but soapy diet, which consists of oil and salt, is proper, because it is resolvent; therefore honey, sugar, and ripe garden-fruits are useful.

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Whatever promotes perspiration, and therefore frictions of the skin, is useful. Their drink ought to be thin wines; coffee and tea, as they dilute and stimulate moderately, are useful; great quantities of oily fermented liquors increase fat; mere water relaxeth too much; moist air is hurtful to fat people, by relaxing the fibres, and stopping perspiration. See *Exercise*, &c.

Melancholy Constitutions.] A tendency to which is known by a dark or livid countenance, dryness of the skin, leanness, a quick penetrating genius, a slow pulse and respiration, obstruction of the belly, and too great application to one object.

To such, all things which heat, and promote too great a perspiration, are hurtful. Also such nourishment as is viscous, and hard of digestion, and nothing more than smoked or salted flesh or fish; in general, every thing that thickens the fluids, or reduces them to a pitchy condition. Astringent austere aliment, and austere wines, are hurtful. Too cold and too hot air are both hurtful; for in such states of air, melancholy persons are always worst. Diluting is be-

neficial, especially with water impregnated with some penetrating salt, substances which cool, relax the belly, and resolve the bile; barley-water, whey, ripe garden-fruits, emollient pot-herbs, especially lettuce, cichory, dandelion, and honey most of all.

There is one caution to be observed, that the diet ought to be opposite to the particular acrimony which occasions the disease; for if it proceeds from too great acidity or sharpness, in such a case, an animal diet, broths made of flesh-meat, and even eggs, are proper: if the cause be alkaline, the contrary method is useful. See *Phrensy*, &c.

Faulty Motions of the Fluids] The blood and other fluids of a human body, are often not only peccant or faulty in their qualities, but motion, which may be either too slow, too quick, or in some of the vessels totally obstructed.

Those who have too slow a circulation, are to be consider'd as in the case of phlegmatick and fat people; and those who have too quick a circulation, are to be consider'd as in the case of such as are bilious, hot, and alkaline, and the respective diets are proper.

CONSUMPTION

IS a disease of fatal consequence to *English* constitutions. There is not a greater preventive than abstemiousness in youth, to avoid debauches, to eat milk-meats and rice, in which are boiled comfrey and eringo, which smooth and open obstructions gently. Testaceous medicines are also very good in this case; because they suck up into their pores all watery and four juices, and obtund them; only care must be taken not to hurt the appe-

tite with using them too freely.

A Consumption is frequently attended with an hec tick fever, and is divided into several kinds, according to the variety of its causes, which must carefully be regarded: for there are *hereditary* and *accidental* Consumptions, *acute* and *asthmatick* ones: but the most common Consumption is that of an *Ulcer of the Lungs*, which pines and wastes the patient, till his legs fail him, and then puts a period to his life.

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Consumptions may be divided into four stages, each of which will require a different treatment. The *first* may be called a *disposition* to a Consumption; which may continue for a long time, according to the malignity or acrimony lodg'd in the matter ready to be deposited into the substance of the lungs. The *second* is a stuffing of the lungs, when matter is *actually* lodged upon them, so as to cause a purfiness or shortness of breath. The *third* is, a hard swelling on the glands of the lungs. The *fourth* is, an *inflammation*, and at last an *ulcer* of the lungs.

The *first* stage, by due care, is not hard to be cured. The *second* and *third* degrees of it admit of palliative cures: but the *last*, especially if the ulcer be large, admits of none.

In the first Stage,

The *Disposition* to a Consumption, the load of salt humours should be taken off by bleeding, which fans and cools the feverish heat which attends; and as the stomach is often loaden with saltish phlegm, which lays a foundation for more mischief, it ought to be discharg'd: for which reason the patient should proceed as follows:

Let half an ounce of honey of squills be given in a draught of posset-drink, and repeated twice or thrice in an hour, if the patient does not vomit sufficiently:

Take after the *vomit*, for a draught at bed-time, 'cordial milk-water, and carduus-water, of each 'one ounce; barley cinamon-water, 'half an ounce; syrup of white poppies, six drachms; mix.'

Or, after the vomit has done working,

'Take pectoral decoction, four 'ounces; tincture of saffron, one

'drachm; liquid laudanum, fifteen 'drops; syrup of violets, two 'drachms: mix for a draught.'

After the vomit, it will be necessary to make further discharges by gentle lenient purges, to divert the flux of humours from the lungs: wherefore,

'Take the best manna, and oil 'of sweet almonds, of each an 'ounce and half, or two ounces; 'dissolve them in a pint of hoc 'ptisan; let half be drank at bed-'time, the other half an hour after 'rising.' Or,

'Take of the best senna, two 'drachms; of cassia broken with 'the canes, and tamarinds, of each 'half an ounce; of coriander-seed 'prepared, half a drachm: boil 'them in a sufficient quantity of 'spring-water to half a pint; then 'dissolve in the liquor strain'd an 'ounce of the best manna; half a 'drachm of sal prunel. mix them, 'and let half be taken in the morn-'ing, and the remainder half an 'hour after.'

But as *purges* alone carry off only some of the load, and it is also necessary to give some opiate to quiet the cough, it is better to mix both together, thus:

'Take rose-aloes, one scruple 'hound's-tongue-pill, half a scruple 'mix, and make into four pills, to 'be taken at bed-time.' Or,

'Take of stomach pills with 'gums or aloe-phangine, half 'drachm (or mastich-pills, or pill 'of amber); London laudanum, one 'grain: mix, and make into four 'pills to be taken at bed-time, and 'to be repeated every third night 'for three times.'

Sweats are improper in this disorder; but shaving the head, issues, and blisters, are very requisite.

Opiate

Opiates after discharges, to allay the troublesome tickling, are also proper: wherefore,

‘ Take balsamick syrup, one ounce; liquid laudanum, fifteen drops; mix, and make a little draught; to be taken at bed-time.’

The thin matter spued into the lungs should be incrassated and loosened, that it may be spit up: wherefore,

‘ Take oil of sweet almonds, syrups of maiden-hair, violets, and marshmallows, of each one ounce: mix, and make a linctus, of which take a spoonful every four hours, and drink after it, warm, four ounces of the following apozem:

‘ Take of the pectoral decoction clear, a pint and half; tincture of saffron extracted, with treacle-water, syrups of maiden-hair, of jujubes, of each an ounce: mix.’
Or,

‘ Take oil of sweet almonds, syrup of red poppies, of each an ounce and half; of meconium, half an ounce: mix, and make a linctus; to be taken at pleasure, with a little of the apozem after it.’

If the cough continues obstinate, we must use *balsamick pills*, and *spaw-waters*.

‘ Take powder of wood-lice prepar’d, three drachms; of the finest gum ammoniack, a drachm and half; of the flowers of Benjamin, two scruples; extract of saffron, balsam of Peru, of each half a scruple; balsam of sulphur, as much as is sufficient: mix, and make into pills of a moderate size; wrap them up in liquorice-powder; take three of them twice or thrice a day, and drink after them a draught of spaw-water, or of

‘ the pectoral apozem above-mentioned.’

For the patient’s ordinary liquor,

‘ Take farza-root slic’d, eight ounces; China-root slic’d, four ounces; maiden-hair, and colt’s-foot, of each two ounces; great daisy-flowers, two ounces; raisins of the sun ston’d, six ounces; liquorice slic’d, an ounce; aniseeds, two drachms: mix, and make a bag for four gallons of middling ale; infuse them.’

In the second and third Stages,

The hectical heat must be abated; the lungs must be defended against fresh influxes of matter; and therefore the humours are to be discharged. To prevent the danger of an inflammation, we may draw away blood sparingly; we may continue the issues and blisters; but to answer the other ends, balsamicks, opiates, and altering medicines, are to be made use of; to wit, milk, or chalybeat-waters of the light kind; or jellies, thick broths, and phlegmatick waters. Wherefore proceed thus:

‘ Take wood-lice prepar’d, one drachm; crabs-eyes prepar’d, one drachm; red coral, a drachm and half; powder of white amber, two scruples: mix, and make a powder, which divide into eight papers; and take one three times a day, in a spoonful of the following julep, drinking a draught of it afterwards:

‘ Take of cordial milk-water, and black cherry-water, of each half a pint; of small cinamon-water, six ounces; of prepar’d pearl, half an ounce; of fine sugar, as much as suffices.’

Or this electuary:

‘ Take conserve of red roses, je-suit’s-bark finely powdered, each
E 2 : half

‘ half an ounce; cold species of
 ‘ tragacanth, Poterius’s antihectick,
 ‘ each two drachms; syrup of red
 ‘ poppies, a sufficient quantity to
 ‘ make an electuary: take the quan-
 ‘ tity of a nutmeg three times a
 ‘ day with four spoonfuls of the
 ‘ julep above-mention’d.’

For the rest, they may proceed
 as in the first stage, but with more
 caution; and all the mucilaginous
 medicines must be given to lenify
 the passages, and defend them from
 the acrimony of the humours; to
 wit, raisins, almonds, dates, oils of
 almonds and linseed, shavings of
 harts-horn, gum tragacanth, &c.
 All colds, and passions of the mind,
 must be avoided, and chalybeat wa-
 ters or milk may be used.

In the last Stage,

The peripneumonick fever (if
 there be one) must be cur’d, and
 an ulcer must, if possible, be pre-
 vented or palliated. Bleeding an-
 swers the inflammation; and

‘ Take fine salt petre, a drachm
 ‘ and half; tartar purify’d, a
 ‘ drachm; fine sugar, half an
 ‘ ounce: mix, and make a powder;
 ‘ which divide into thirteen pa-
 ‘ pers, and take one every four
 ‘ hours in a spoonful of any cool
 ‘ julep, and drink a draught of the
 ‘ same after it.’

In this inflammation they may
 likewise blister. Ptisan is a proper
 liquor. And make a linctus of the
 following ingredients, of which take
 a spoonful every hour, in a draught
 of the pectoral drink above-men-
 tion’d; viz.

‘ Take oil of sweet almonds
 ‘ new-drawn, an ounce; syrup of
 ‘ maiden-hair, an ounce and half;
 ‘ sugar-candy, one drachm.’

If an ulcer be bred, (as is known
 by the yellow and bloody matter

spit up, and by a periodical fever)
 all that can be done is, to proceed
 in the use of the pectoral linctus’s,
 apozems, cordial powders, and ju-
 lep, as well as the same diet as be-
 fore; for it is not curable; and all
 that can be done is to curb the
 flux, or stop the sweats: where-
 fore,

‘ Take cordial milk-water, six
 ‘ ounces; cinamon-water, an ounce
 ‘ and half; diascordium, two
 ‘ drachms. Make a cordial mix-
 ‘ ture of them, and give four or
 ‘ five spoonfuls, after every stool,
 ‘ in case of a flux.’

If they sweat much, let six
 spoonfuls be given every fourth
 hour of a julep made of the fol-
 lowing ingredients; viz.

‘ Take of plantane-water, or that
 ‘ of oak-bud, six ounces; small
 ‘ cinamon-water, four ounces;
 ‘ aqua-mirabilis, one ounce; pearl
 ‘ and coral prepar’d, of each one
 ‘ scruple; chalk powder’d, half a
 ‘ drachm; true bole and dragon’s
 ‘ blood, of each fifteen grains; Ja-
 ‘ pan earth, ten grains; spirit of
 ‘ vitriol, as much as to sharpen;
 ‘ and syrup of myrtles, one ounce.’

If the cough be very trouble-
 some, take one spoonful every hour,
 or every two hours, of a mixture
 made up of balsamick syrup, two
 ounces; and liquid laudanum, two
 scruples.

And if the vomiting be trouble-
 some, take three spoonfuls of the
 following; viz.

‘ Take black-cherry-water, three
 ‘ ounces; mint-water, two ounces;
 ‘ cold cinamon-water, one ounce;
 ‘ salt of wormwood, half a drachm;
 ‘ juice of limons, half an ounce;
 ‘ liquid laudanum, thirty drops;
 ‘ fine sugar, as much as suffices.’

These are the rules proper to
 be observed, in the different stages
 of

of an original and acute consumption.

Chronical Consumptions, or *symptomatical* ones of the *chronical* kind, must be treated in a different manner, and like an *ASTHMA*; which see: though if *asthmatical* persons turn consumptive, the above treatment is proper for them.

The *pulmonary Consumption*, or that of the last stage, is often produced by a scrophulous constitution, or king's-evil. It seldom invades after thirty years of age; and when it proceeds from an hereditary cause, is hardly ever curable.

There is also a consumption from an *empyema*, after an inflammation of the lungs. See *Empyema*.

It is a common mistake, that acid things hurt the lungs. The gas sulphuris may be given with succels in any disease of the lungs; as likewise the elixir of vitriol, from ten drops to twenty, twice a day in any liquor; but at some distance from milk. Vinegar and honey are proper and detergent; anodyne substances relieve the cough; gentle exercise by riding is beneficial. By an extremely exact regimen, a consumptive person may hold out for years, if the symptoms be not violent. The sweats and diarrhoea attending Consumptions, are generally fatal symptoms; but must be relieved by proper diet, and a method as before intimated.

The following herbs and plants are deemed cleansing openers for an ulcer of the lungs; *viz.* Leaves of common and white maiden-hair, or wall-rue, black and golden maiden-hair, liverwort, ladies-mantle, sea-purslain, betony, meadow-daisy, borage, Jerusalem oak, bugle, germander, ground-pine, succory, dandelion, endive, flax-weed, fenel, fumitory, ground-ivy, noble and

ground liver-wort, lovage, St. John's wort, hyssop, woad, lettuce, hart's-tongue, white hore-hound, devil's-bit, money-wort, rest-harrow, primrose, self-heal, spotted Jerusalem sage, sope-wort, scabious, water-germander, Solomon's-seal, surgeon's flax-weed, colt's-foot, garden valerian, wild valerian, vervain, male speedwell, periwinkle, golden-rod. Also

Gum ammoniack, fenel-giant, juice of all-heal, sarcocolla, mastich, myrrh, olibanum, turpentine.

The following prescriptions have been efficacious in different cases of this wasting distemper.

Gilead Pills, for such as are in Danger of a Consumption, and have an old dry Cough, and Pain in the Side.

TAKE white sugar-candy powder'd and sear'd, two drachms; the cold species of gum tragacanth, one drachm; balsam of Tolu, two scruples; flour of Benjamin, one scruple: bring these to a fine powder; and with balm of Gilead beat it up into pills for twelve doses, to be given night and morning with a suitable vehicle.

To prevent a Consumption.

SET two new-laid eggs in the embers till they are thorough-warm; but let not the whites be hard: Then make little holes on the tops of the eggs, and pour off the whites as soon as you can, and fill up the eggs with red rose-water, and powder'd cinamon and sugar; then warm them again in the embers, and eat them; and you will find them very effectual, often repeated.

Portable Lozenges for an apprehended Consumption.

TAKE fine dragon's-blood, (in drops) two scruples; flower of Benjamin, sixteen grains; balm of Gilead, twenty-four grains; fine sugar searced, four ounces; mucilage of gum tragacanth, as much as is requisite: make lozenges according to art.

They may be carried always about one, and taken frequently.

Dr. Morton's Pills for a Consumption.

TAKE succotrine aloes, one ounce; myrrh, mastich, of each half an ounce; cinamon, saffron, of each two drachms; cloves, wormwood, red roses, mace, nutmegs, aromattick reed, of each one drachm; the finest rhubarb, two drachms; galengal, schenanth, yellow saunders, wood-aloes, lesser cardamums, of each half a drachm; musk, four grains; syrup of wormwood, a sufficient quantity to make a mass; twelve pills out of each drachm: Take three or four every night, or night and morning, as they agree.

A Powder for a Consumption.

TAKE sperma-ceti, one scruple; balsam of Tolu, 10 grains; flowers of Benjamin, four grains; oil of aniseed, two drops: mix for two doses; to take one at night, the other in the morning.

Pectoral Pills, good in the first Stage of a Consumption.

TAKE powdered elecampane, or-rice, liquorice, each one scruple; saffron; flower of Benjamin, each half a scruple; white sugar-candy, two scruples: make it up into a mass with balsam of sulphur anisated. The dose half a drachm thrice a day.

A Lambative for a Consumption in its first Stage.

TAKE myrrh well powdered, two drachms; saffron, half a scruple; nutmeg, half a drachm; honey, two ounces: mix.

A Ptisan that will help a consumptive Cough, and give Relief in the first, and even second Stage of a Consumption.

BOIL a gallon of small ale in an earthen pipkin, scum it well, and put into it two ounces of sage-leaves, one ounce of peny-royal, two ounces of fenel-roots washed clean, picked, scrubbed and peeled from the pith: let all these boil together, and, when clean scumm'd, add to them an ounce of aniseeds clean picked, and a little bruis'd, half a pound of raisins of the sun stoned, and ten figs, quartered each into four parts; boil all these together on a slow fire, till almost half be consum'd; then take it off, and let it stand in the same pipkin, and drink of it occasionally.

An excellent Water for a Consumption.

TAKE garden-snails, one hundred and fifty; sarsaparilla, raisins of the sun, of each two ounces; ground-ivy, two handfuls; colt's-foot, oak of Jerusalem, bawm, spotted lungwort, of each one handful; fifteen yolks of eggs; cinamon, mace, of each half an ounce; cow's milk, four pints and a half; Canary, one pint; distil in a cold still, without burning: Take three ounces three times a day, sweetened with white sugar-candy.

A Tobacco for Catarrhs, and to prevent a Consumption.

TAKE pistachio-peels, six drachms; tobacco, two drachms; colt's-foot,

foot, one ounce; oil of aniseed, eight drops: cut and mix.

An easy Medicine, which, Mr. Boyle says, cured a Gentlewoman that had taken much Physick for a consumptive Cough.

TAKE eight, ten, or twelve well-chosen raisins of the sun, and having slit them open, take out the little kernels, and stuff the raisins with the tops or small tender leaves of rue; and let the patient take them, either as they are, or in the form of a bolus, or the like, pretty early in the morning, fasting after them two or three hours at least, if they cannot conveniently fast till noon.

To make a very nourishing Aliment, which hath recovered divers in Consumptions.

TAKE eight or ten cray-fishes, (or, if they be not of the largest size, a dozen) boil them (after the blackest gut or string is taken out) in barley-water, till they become very red; then take them out, and beat them long, shells and all, in a marble or glass mortar, to a soft mash, and in a press strongly squeeze out the juice; which may be given either alone, or mixt with about an equal part of chicken broth, or some such convenient alimental liquor.

A rich Broth for consumptive Cases.

TAKE a capon (picked, drawn, and cut into pieces); sheeps-trotters and calves-feet, four of each; shavings of harts-horn and ivory, each half an ounce; yellow sanders, three drachms; dates, twenty; raisins of the sun stoned, four ounces; pearl barley, one ounce; boil these in spring-water one gallon to two quarts; adding, when almost boiled enough, ox-eye flowers dried, herbs

of colts-foot, maiden-hair, sage of Jerusalem, each one ounce; mace, two blades; one nutmeg; Malaga sack, one pint: strain it out. This being digested with little trouble, assimilated without effervescence, easily distributed, and not presently dissipated by the heat of the body, yields a soft, kindly, rorid, and glutinous juice, very commodious for sickly, consumptive, wasting cases, in which rich nourishment is required, and yet the stomach is not able to concoct solid food. A large draught may be allowed twice or thrice a day.

For a Consumption, which has cured when given over by Physicians.

TAKE a calf's pluck, wiped clean from the blood; cut it in small pieces; then put it into a cold still, with two gallons of warm milk from the cow, two ounces of nutmegs grated, a quart of Malaga sack, fifty snails purged with salt: This will make four quarts and a pint of water; put a quantity of white sugar-candy into every bottle; take a quarter of a pint of this at four o'clock every afternoon, and when you go to bed; mix it all together in a pan, before you bottle it.

An artificial Ass's Milk.

TAKE sarsaparilla sliced, two ounces; china slic'd, rasped ivory, of each six drachms; saffras thin cut, two drachms; crude antimony, powdered and tied in a rag, an ounce and half: boil in two quarts of fair water to one quart; strain, and infuse two drachms of liquorice bruised.

Take a quarter of a pint warm three times a day, with three or four spoonfuls of milk.

For a consumptive Cough.

TAKE tincture of sulphur, free from any thick settlements, three drachms: Give from six drops to ten, at night and early in the morning, in a spoonful of syrup of violets, or the juice of ground-ivy. There is not a more excellent remedy in any cough, that is not attended with a fever.

A Receipt for a Consumption, which cured a Person when given over by Physicians.

TAKE the yolk of a new-laid egg, beat it with three spoonfuls of red rose-water, put it to half a pint of stroakings of red cows-milk sweetened with sugar of roses, add a little nutmeg scraped: Take it every morning for a month; fast two hours after.

For a Consumption proceeding from a Cold.

TAKE of conserve of red roses, white sugar-candy, and raisins of the sun stoned, each four ounces: beat them all together, to a consistence; then put to it twenty drops of oil of vitriol; beat them very well together, till they look of a crimson colour; afterwards put it into a pot. You must take the quantity of a nutmeg in a morning fasting, and abstain from food an hour after it; and the like quantity the last thing at night, when you are in bed. If the cold continues, make another pot; if the digestion be ill, use this: Take red or claret-wine, a pottle; nutmegs, cloves, and mace, bruis'd, of each half an ounce; red mint and wormwood, of each one ounce: boil these from a pottle to a quart; wet a piece of scarlet in it, wring it, and lay it to the stomach.

For a Consumption, or great Cold.

TAKE four ounces of elecampane-roots, newly pluck'd out of the ground; wash, scrape, and slice them thin; two wardens which will roast red: put them into an earthen pot, cover them very close with dough, and bake them with a batch of brown bread three or four hours: when 'tis almost cold, put in a quarter of a pound of the best doubly-refined sugar well beaten; three spoonfuls of the best honey; and three penyworth of the flower of brimstone: stir or pound them all together; keep it in boxes, and eat it at any time of the day, but especially in the morning, at three o'clock in the afternoon, and at night going to bed. This has performed very great cures.

An excellent Receipt for a Consumption or Cough.

TAKE a pint of oil of turpentine; four ounces of flour of brimstone; and an ounce and an half of litharge: put them into a fine urinal, and stir them all together; cover the urinal with white paper pricked full of holes; wrap it in hay, and place it in a skillet of water; keep a constant fire under it to boil, and to continue always scalding hot, for forty-eight hours at least: fill the skillet with hot water as it wastes: when it looks of a deep amber-colour, 'tis enough; then strain it through a flanel cloth, and keep it close stopped for use. Take nine drops morning and evening, three days; if that fails of success, rest some days, and repeat the former method. Eat no cheese, and leave off other medicines.

Calves-lungs Water, for a Consumption, or Hectick Fever.

TAKE a gallon of milk; the lungs of a calf while warm, cut in pieces;

pieces; a peck of garden snails wash'd in water; then beat them in a stone mortar, till all the shells are broken; twelve whites of eggs; four nutmegs quartered. Distil all these in a cold still: drink often of this water, sweetened with sugar-candy or loaf-

sugar. This is exceeding good with turpentine drops.

See *Cordial Waters in Distillery*; also *Syrups, Conserves, Jellies, in Confectionary, Part I.*

CONVULSION.

To make Black-cherry Wine, good for Convulsion-fits in grown Persons or Children.

BEAT the cherries in a mortar, stones and all; then run it thro' a flanel bag, but not squeezed, only what runs from it: to every gallon of juice put two pounds of the best loaf-sugar; set it down in a cool cellar, and let it stand a fortnight or three weeks; afterwards bottle it, but only tie a paper pricked full of holes over the bottle, and in two months time it may be corked: keep it in a cool place: it may be preserved twenty years: the older it is, the better. Give one spoonful to a child of a year old, and more or less in proportion.

The Convulsion-water.

SCRAPE one pound of single piony roots clean, and slice them into three pints of white-wine; let it stand infusing in embers all night; then strain it out very hard: to this quantity put a quarter of an ounce of castor in fine powder; one ounce of spirit of castor; thirty grains of the moss of a human skull, and the like quantity of the skull, both which must be beaten into fine powder: mingle these all together, and shake them in a bottle one hour: take of this three spoonfuls at a time, three mornings before the full and change of the moon, if there be occasion by fits coming; the same quantity

at any other time. One spoonful is enough for a young child.

How to take the Convulsion-fit Water.

GIVE to a child in the month a tea-spoonful and an half; to a child of two or three years old, a child's spoonful in a little black-cherry water; to a man or woman, two large spoonfuls in a little Mountain-wine; to a strong man, three large spoonfuls. If they find the moon has any influence, and are without warning, it must be given three days before the full, and three days after: they may take it any time, when they find the least symptom, but not when the fit is upon them.

To make Soot-drops to cure Convulsion-fits or Head-ach.

TAKE one drachm of assa foetida; a piece of wood-soot the bigness of a walnut; the shells of three hen-eggs dried; beat all these into a fine powder; then put it into a quarter of a pint of French brandy; let it stand nine or ten days close stopped, shaking it once or twice a day; then strain it off for your use. A small spoonful or two may be given at any time, and three mornings before, and three after the new and full of the moon. To a man, two spoonfuls; to a woman, one spoonful; to a child of twelve years old, half a spoonful; to a new-born child, ten or twelve drops.

COR.

C O R D I A L S,

PROPERLY speaking, are not always what increase the force of the heart; for by increasing that, the animal may be weakened, as in inflammatory diseases. Whatever increaseth the natural or animal strength, is a Cordial: these are broths made of animal substances, milk, ripe fruits, and whatever is endued with a wholesome, but not

pungent taste; whatever relaxes the too strict, or strengthens the too lax fibres; what in some cases dispels wind; what excites and takes off the sluggish motion of the animal spirits, as spices, wine, and spirituous liquors.

See *Cordials in Distillery*, Part I.
See also STOMACH, &c.

C O R N S

ARE very troublesome companions, and generally the attendants of straight shoes, and the idle humour of endeavouring to have little feet. In the cutting of them, in an ill crisis of the blood, mortifications have often ensued, and the most fatal consequences. It will not therefore be thought descending too low, to give the following approved receipts for the cure of them.

A good Remedy for Corns.

TAKE the yeast of beer, (not ale) and spreading it upon a linen rag, or other cloth, apply it to the part affected, renewing it once a day.

Another.

Spread some diachylon plaister upon a bit of leather, cut a hole in the middle just the size of the Corn, and apply it warm; then put upon the Corn a few grains of white arsenick in powder, and bind it on with a rag: In a few days, (says my author) this will take away the Corn with great safety.

Another.

TAKE the juice of housleek, and mix it up with about equal

parts of the thick balm or yeast, that sticks to the barrel, or to the clay that stops it. Of these make a kind of plaister, which being kept upon the toe for a while, and then, if need be, renewed, will make the corn very soft and easy to be drawn out and extirpated.

Another.

THE parts being made soft with bathing, and scraped, apply to the corn a plaister of shoemaker's wax; but if the part be very tender, your plaister may consist of equal parts of shoemaker's wax and diapalma melted together, and spread somewhat thin.

Another.

TAKE emplaster of compound and simple diachylon, of each two ounces; factitious cinabar: mix, and make a plaister, and apply to the corns after you have cut them close, but not to the quick.

For the same.

TAKE large housleeks, bruise them, and apply to the corns, and it will cure them.

C O S T I V E N E S S

IS a troublesome ailment, often producing many disorders; as colicks, head-achs, piles, twisting of the gurs, as it is called, fevers, and inflammations of the bowels. The following is a safe and easy remedy for it:

‘Take fenel or mint-water, four ounces; Glauber’s salt, six drachms; syrup of solutive roses, four drachms; aqua mirabilis, two drachms. Warm, mix, and take at bed-time.’ Or,

‘Take oil of almonds, one ounce; syrup of solutive roses, an ounce and half; compound piony water, two drachms. Mix, and take a potion at any time, without any regimen.’

The following is also a good remedy.

‘Take fifteen grains of the mass of pil-rudii; cream of tartar, five grains; syrup of balsam of Tolu, what suffices: make four pills, and take them going to rest.

The following receipts are also efficacious in this disorder.

An easy and innocent Medicine for Costiveness.

BOIL in as much broth as will serve to fill a large porringer, about half a handful of the leaves of common mallows chopped; and of this broth (being strained) let the patient make the first part of his meal.

An easy Medicine for a great Degree of Costiveness.

TAKE Strasburgh turpentine, an ounce; the yolk of one or two eggs: grind them well together; and put thereto a pint of fat mutton broth, and exhibit it blood-warm, in a Glyster.

A Powder to prevent Costiveness, and help Digestion.

TAKE cream of tartar, two drachms; tartar vitriolated, one drachm: mix, and make it into six papers: Take one of them every morning in a mess of water-gruel.

An Electuary for the same.

TAKE marshmallow-leaves, faxifrage-leaves, pellitory-leaves, the flowers of violets dried, seeds and all, each two handfuls; fennaleaves half an ounce; boil these in two quarts of barley water to one quart, or a pint and half; strain off the liquor, in which infuse one pound of choice prunes; four ounces of tamarinds; four ounces of raisins of the sun; when they are swelled and fit to pulp, press through a hair sieve the pulpy part of them, and add it to the strained liquor; to them put eight ounces of brown sugar, and boil them up to the consistence of an extract; add to this extract, while warm, one ounce of cream of tartar, and keep it for use. Take the quantity of a walnut going to bed when costive.

An Electuary for Costiveness with Piles.

TAKE lenitive electuary one ounce; cream of tartar, pulvis sanctus, milk of sulphur, of each two drachms; oil of aniseeds, ten drops; solutive syrup of roses, enough to make an electuary. Take the quantity of a nutmeg every night, as occasion requires.

See Evacuations, Stomach, &c.

C O U G H S

COUGHS and COLDS.

COUGHS to some people are of the worst consequence, because their blood is so full of salts, that the least cold, that gives them coughs, indangers an inflammation of the lungs: Others whose blood is not so saline, often catch cold, but rest easier under it.

As colds often lay the foundations of the most dangerous diseases, they should always be taken in time; and two or three days lying by in the beginning, will save perhaps many more, besides the hazard of an inflammation of the lungs, fever, &c. which may otherwise be the consequence.

Let therefore the person confine himself a day or two, at first taking cold, to a warm regimen, and to dispose himself to sweat, by drinking large quantities of sack-whey, and such-like small liquors.

If the patient be attacked with a thirst, a heat, and difficulty of breathing, it will be convenient to lose eight or ten ounces of blood, at first being taken, and then dilute with sack-whey, &c.

If after this a difficulty of breathing continue, and a dry tickling cough, let him drink a decoction of figs, raisins, and barley, in water, and sweeten it plentifully with sugar-candy. And if there still seems to be an influx of matter into the lungs, the following medicine may be taken; viz.

‘ Take of the best fenna-leaves, a drachm and half; cardamum-seeds, half a drachm; infuse in boiling water four ounces for a night; then strain it out, and take three ounces of the liquor; to which add half an ounce of aqua mirabilis, or strong cinamon-water;

‘ and one ounce of syrup of damask roses. Make up a potion, which take early in a morning, and keeping warm, and drinking water-gruel, or broth, let it work gently off:’ it will probably operate five or six times, and will greatly help to divert the humours from running to the lungs.

Give also every night, at bed-time, half an ounce to an ounce of syrup of white poppies or meconium, which will allay the tickling that is often the occasion of the many violent symptoms that attend such coughs.

In an ordinary cough, where none of the thirst, tickling, difficulty of breathing, or heat occurs, keeping well cloathed, and plentifully drinking of small warm liquor at going to bed, generally is sufficient.

Thus much for the general process in a newly taken cold: but as we in this uncertain climate are so liable to disorders of this kind; and as there are so many sorts of coughs and colds, and their effects are so various in different ages, habits and constitutions; we shall subjoin the following recipes from the ablest hands, that our readers may chuse that which they judge most suitable to the cases they have to manage, whether in themselves, their friends, children, or servants.

Directions for managing a Cold in weak Constitutions.

THE cure of a cold must be set about immediately, especially by persons of tender constitutions: The following method the eminent Dr. Cheyne prefers to balsams, pectorals, linctus's, and such-like trumpery,

as

as he calls them, which, as he says, only serve to spoil the stomach, oppress the spirits, and hurt the constitution. He advises then, to lie a-bed much, to drink plentifully of small warm sack-whey, with a few drops of spirit of hartshorn; to drink posset-drinks, water-gruel, or any other warm small liquors; a scruple of Gascoign's powder, morning and night, to live low upon spoon-meats, pudden, and chicken; to drink every thing warm; in a word, treating it at first as a small fever, with gentle diaphoreticks; and afterwards, if any cough or spitting should remain, (which this method generally prevents) to soften the breast with a little sugar-candy, and oil of sweet almonds, or a solution of gum armoniack, an ounce to a quart of barley-water, to make the expectoration easy, and going cautiously and well-clothed into the air afterwards.

Another Direction for a Cold.

THE famous Dr. Radcliffe's advice in this case, very much resembles the above of Dr. Cheyne; for he prescribes to mix sack-whey, with rosemary boiled in it, in a spoon with twenty grains of Gascoign's powder, then to drink half a pint of the whey so made and mixed, with twelve drops of spirits of hartshorn in it; to go to bed, and keep warm; and to do this for two or three nights together.

A good Medicine for a newly taken, though violent Cold.

TAKE about four ounces of spring-water, and in a convenient vessel; put to it three leaves of good colts-foot; and a pugil of maiden-hair; and a stick of liquorice, for bigness and length, like the furthest joint of the little finger: make the

water warm, and when 'tis ready to boil, put in the forementioned ingredients, (the liquorice being first sliced and minced) cover the pot well, let it boil for a few walmes, then take it off the fire, and having presently strained it, let the patient drink it hot like tea, he being already in bed: do this three or four nights consecutively, or till there be no more need of the medicine.

An experienced Medicine for Coughs.

BOIL good turneps in water, and having express'd the juice, mix with it as much finely powdered sugar-candy as will bring it into a kind of syrup: of which let the patient swallow a little as slowly as he can from time to time.

An approved Medicine for a Cold.

TAKE of Venice-treacle, half a drachm; powder of snake-root, twelve grains; powder of saffron, six grains; volatile salt of hartshorn, four grains; syrup of cloves, a sufficient quantity to make it into a bolus. Take it going to rest, drinking a large draught of warm mountain-whey after it, or of treacle posset, where Mountain-whey cannot be afforded. To such constitutions as cannot be provoked to sweat, opening a vein, or a gentle purge, will be of great service.

Another.

BOIL an ounce of hore-hound, two ounces of unset hyssop, in two quarts of stale beer, until it comes to a quart; then strain it off, and put in one pound of honey, and boil it, and skum it as long as it rises.

For a whooping Cough.

TAKE dry'd colt's-foot leaves, two ounces; cut them small, and boil them in a pint of spring-water, till

till half a pint is boiled away; then take it off the fire, and when it is almost cold, strain it through a cloth, squeezing the herb as dry as you can, and then throw it away, and dissolve in the liquor an ounce of brown sugar-candy finely powder'd, and give the child (if it be about three or four years old, and so in proportion) one spoonful of it cold or warm, as the season proves, three or four times a day (or oftener, if the fits of coughing come frequently) till well, which will be in two or three days; but it will presently almost abate the fits of coughing.

Virtues of this Medicine.

This herb seems to be a specifick for those sorts of coughs (says the gentleman who kindly communicated it to the world in one of the publick papers) and indeed for all others, in old as well as young; the Latin name *Tussilago*, from *Tussis*, the Cough, says he, denotes as much; as does also the Latin word *Bechium* from the Greek word *Βήχιον*, a Cough; and are the names given it by the Ancients perhaps some thousand years ago. It has wonderfully eased them when nothing else would do it, and greatly helps in shortness of breath: And in the asthma and phthisick, continues he, I have not known any thing exceed it. Likewise in wastings or consumptions of the lungs, it has been found of excellent use, by its smooth, softening, healing qualities, even where there has been spitting of blood, and rawness and soreness of the passages, with hoarseness, &c. in blunting the acrimonious humours, which in such cases are almost continually dripping upon them; it is to be questioned whether for those purposes there is to be had in the whole *materia medica*

a medicine so innocent, so safe, and yet so pleasant and effectual, or that can afford relief so soon as this will: grown people may make it stronger than for children. Get the herb of the same years growth and drying, that you use it in, and the larger and fuller grown the leaves, the better. 'Tis best to be made fresh and fresh, as you want it, and not too much at a time, especially in warm weather.

I shall only add, That upon the above remedy being made publick, it was followed by several letters in the publick papers, acknowledging the benefit received by it, (and heaping blessings upon the generous communicator of it) as well in cases of grown persons as children. But one of the persons, who wrote that he was sixty years of age, says, he doubled the quantity of colt's-foot, taking four spoonfuls, as often as the fit came upon him.

An excellent Linctus or Lambative for a Cough.

TAKE fine Venice soap scraped thin, two scruples; oil of sweet almonds, syrup of violets, each one ounce: mix. The whole republick of medicine, we are assured by Dr. Fuller, affords not a more effectual thing to lubricate the passages, and render expectoration easy.

A Composing Draught for troublesome Night-Coughs.

TAKE powdered gum Arabick, half a drachm; dissolve it over the fire in scabious and barley cinnamon-water, each one ounce and half; then add mithridate, diascordium, each one scruple; lochofanans, one drachm; diacodium half an ounce, mix.

For a Cough and beginning Consumption.

TAKE barley water, one pint; sperma ceti dissolved with the yolk of an egg, three drachms; powder of orrice root, one drachm and half; tincture of benjamin, two drachms; syrup of balsam, one ounce; mix: take five spoonfuls every three or four hours.

For a Hoarseness upon a Cold.

TAKE three ounces of hyssop-water, sweeten it with sugar-candy; then beat well into it the yolk of one egg, and drink it as a draught.

Another, which has cured a beginning Consumption.

TAKE three pints and a half of spring-water; half a pound of sugar-candy; boil it till it is reduced to a pint and half; put in two ounces of garlick: take a spoonful every night and morning, till the cure is perfected.

A Linctus for a Cough.

TAKE oil of sweet almonds, two ounces; syrups of marshmallows and maidenhair, of each one ounce; powder sugar, two drachms: mix, and make a Linctus; of which take one spoonful often, or when the cough is troublesome.

Willis's Syrup of Sulphurs for Coughs and Disorders of the Lungs.

TAKE of sulphur, prepared with salt of tartar, in powder, two ounces; Canary wine, a quart; digest them in balneo Mariæ for twenty-four hours; then take two pounds of white sugar, and a pint of spring-water, boil them together to the consistence of lozenges, observing to take off the scum as it rises afterwards; pour the wine that is tin-

ctured with the sulphur, gradually thereto, and boil them over the fire, with care to take off the scum; and lastly, strain the syrup, which will be of a beautiful yellow colour: give a spoonful morning and evening.

Syrup of Strawberries for a Cough.

TAKE a good quantity of wood-strawberries; select the best of them, and put just as much doubly-refined sugar as the strawberries by weight; bruise the strawberries a little; which must be full ripe. Take a well-glazed earthen-pot with a cover, a lay of strawberries, and a lay of the sugar, till they are all in: let the last strewing of sugar quite cover the strawberries; then cover 'em, and set 'em in a cool cellar for two or three days, till the sugar is all melted: afterwards put 'em into a hair-sieve by degrees, that has a cover; and let the syrup run from 'em without squeezing; then put it into a silver tankard, and set that into boiling water: let it boil a little, and when it is cold, put to every quart a good spoonful of natural balsam, and three spoonfuls of good spirit of wine. Grind your balsam with a little sugar, or it will always swim on the top of the syrup. Observe to shake it, when you use it. You may take a spoonful of this, going to bed; and half a spoonful, at any time when the cough is troublesome; a less quantity suffices for an infant. It is excellent for a whooping cough. To a child of a year old, you may give a tea-spoonful.

For the same.

TAKE a quart of spring-water, to which put a quarter of a pound of eringo-root, and two ounces of ox-eye daisies; boil it to a pint, and drink

drink a coffee-dish full at a time, mixt with new milk, to be drank warm: if the eringo-root is not candied, it must be sweetened to your taste.

A Ptisan for a Cold.

TAKE hyssop, origany, gill, and maiden-hair, of each one ounce; of rosemary, hore-hound, and colt's-foot, each half an ounce: chop these together four or five times; boil them in four quarts of spring-water, to which must be added half a pound of raisins of the sun stoned, if you cannot get Lent figs; two large sticks of liquorice beat and sliced; two ounces of aniseeds grossly beaten; boil these in four quarts of spring-water, till it comes to half: drink a large coffee-dish full as often as you please, or can.

Extraordinary for a whooping Cough.

ANoint the pit of the stomach, and soles of the feet, with boars-grease.

The Lozenges for a Cough.

TAKE sugar of roses, three ounces; crabs-claws prepared, three drachms; the cooling species of gum-tragacanth, two drachms and an half; sugar candy'd in powder, two ounces, with a sufficient quantity of mucilage of gum tragacanth:

make it into lozenges, and take one often in a day.

The Draught.

Take oil of sweet almonds, and diascordium, of each three drachms; red poppy-water, one ounce; barley cinamon-water, half an ounce: mix it for a draught; to be taken going to bed, the bottle being first shaken.

The Lambative.

Take oil of sweet almonds, and balsamick syrup, of each one ounce and an half; white sugar candy'd, a sufficient quantity; mix it, and make a linctus: take a spoonful of it every night going to bed.

To preserve Garlick for a Cough.

Dissolve sugar-candy in water; then put in your garlick, and boil it till it is tender; afterwards keep it in your syrup for your use. It is excellent for a cough. Your sugar-candy must be brown.

See *Venice-treacle*, in the article of OPIUM.

See also CONSUMPTIONS.

See also *Conserves, Syrups, Jellies*, in *Confectionary*, Part I.

The C R A M P

IS a very troublesome disorder, that is often attended with bad consequences. A slight fit in the calf of the leg, is diverted often by stretching out the foot and heel strongly, when coming. For a stronger fit, and attacking other parts, as well as the leg, use the following directions.

A Receipt for the Cramp.

TAKE of the ointment of populeon, two parts; of oil of spike, one part: mix, and anoint and chafe well the part affected.

Another.

TAKE spirit of wine camphorated, compound spirit of lavender;

vender, oil of sweet almonds, of each half an ounce; sal armoniac, oil of amber, of each one drachm: make them into a liniment, and anoint the part affected well with a warm hand.

ounce; oil of turpentine, two drachms; camphire, two scruples; compound spirit of lavender, two drachms; oil of cloves, six drops: make a liniment, and use as the former.

Another.

TAKE ointment of marshmallows, oil of worms, of each half an

See *Heartburn.*

CRUDITIES.

CUTANEOUS DISTEMPERS.

OF these there are divers, which we shall treat alphabetically.

And,

1. Of the BLACKNESS of the skin; which, if contracted by the scorching rays of the sun, is curable by tincture of benzoin, spirit of camphorated wine, or juice of citrons. The following is an excellent wash:

'Take bismuth-flowers, two drachms; the whitest and most sweet-scented oil of pomatum, six drachms; oil of roses, two drops: mix 'em.' It ought to be used with great care and caution.

Some tender persons use such fragrant, cosmetick soaps as the under-mentioned:

'Take Venice soap, one pound; bitter almonds, peach-kernels peeled, each two ounces; powder of flourishing iris-root, and root of wake-robin, each one ounce; salt of tartar, half an ounce; musk of ambergris, with spirit of roses dissolved, each half a scruple; civet, five grains; a sufficient quantity of essence of benzoin: mix 'em, and make a paste in the nature of soap.'

2. BURNS: For these see the proper title.

3. EPHELIDES are spots of a brown colour, appearing in the forehead, cheeks, neck, or hands, sometimes

rough, and as broad as the palm of the hand. Pregnant women are chiefly afflicted with it; and it is known by the other symptoms of child-bearing, and to be treated accordingly.

4. ESSERE, *sora*, or *sare*, is a small breaking-out, very much itching, somewhat hard, inclining to a red, and affecting the whole body at once, like the sting of bees, or pricking of nettles, which takes rise from sharp and cholerick humours. The cure must be left to nature, and will be perfected in a short time.

5. An *eating* HERPES is a pustulous inflammation, ulcerous, itching, and red: unless prevented, it corrodes the part affected. Catharticks are used towards the cure: plates of lead macerated a long time in alum-water, and Rhafis's white ointment of diapompholick, are to be made use of. If the humour will not yield to the milder remedies, apply sublimate arsenick very well beat, mixed with the white ointment. In extremity use the actual cautery.

An HERPES is divided into three sorts:

(1.) A *simple* HERPES consists of single pustles, which are yellow or whitish, and sharp-pointed, inflamed at the basis; and dry up naturally, after emitting a drop of matter.

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(2.) The

(2.) The second is what we vulgarly call a RINGWORM, or TETTER; and comprehends many small pustles in heaps, sometimes appearing like a ring, or round, very painful and itching: it never digests, but, scratched, emits a thin humour. The cure is difficult; for when it seems intirely extinguished, it commonly appears again at certain seasons. The vulgar remedy is ink; but in obstinate cases, sublimate milk is well approved, though to be used cautiously for fear of an inflammation. Observe first to make the proper evacuations: afterwards take the mineral purging waters, and this liniment:

‘ Take ointment of roses, one ounce; precipitate mercury, one drachm; the *arcantum corallinum*, half a drachm; oil of roses, two grains: mix ’em.’

(3.) The third sort is called the SHINGLES, and breaks out in several parts of the body, namely, the thighs, loins, breast, neck, &c. A slight inflammation and fever generally go along with it: pustles containing white matter, and small round crusts, like millet-seeds, appear. For fear the pustles should become black, use discutients: snip the larger with scissors, and in order to prevent the cloaths sticking to them, a cerate made of oil and wax is proper.

The following is esteemed very successful:

‘ Take of mustard-seed bruised, one drachm and a half: green vitriol dissolved in a sufficient quantity of plantane-water, two scruples: mix ’em.’

For the same.

Burn aqua vitæ, and dip a linen cloth in it, which must be laid upon them: you may wet it as often as you will, and lay it on again.

A cerate of the *lapis calaminaris*, or diapompholick ointment, are very useful in the declension, as they dry up the pustles.

6. The ITCH is a breaking-out of pustles over the whole body, chiefly between the fingers, and about the joints, from a sharp humour, which causes itching, and thence scratching: in some it suddenly disappears; but in others returns at stated seasons. Poor people may use black soap, but presently wash it off for fear of its injuring the skin; or they may take inwardly brimstone in milk. The best approved medicine of the shops is ditch-dock. In young people the cure is easy, but in old persons the distemper becomes obstinate. The following unguent may be used:

‘ Take pomatum two ounces; crude salt armoniack, half an ounce; oil of rhodium, four drops: mix.’

Preparations of antimony, decoction of wood, oak, elder-tree, wild borage, and such-like, are well recommended remedies.

Outward applications may consist of saturn, mercury, sulphur, unslacked lime, camphire, tobacco, litharge, &c. As such, ‘ Take ointment of tobacco, half an ounce; flower of sulphur, two drachms; sweet mercury, one drachm; sufficient quantity of oil of St. John’s wort; mix ’em.’

After bleeding, the following medicated drink is very proper:

‘ Take root of oak polypody, and prickly dock, each three ounces; the best fena-leaves, four ounces; dodder, turbith, and mechoacan, each two ounces; citron sanders, one ounce; coriander-seeds, five drachms: mix ’em; prepare them according to art, and make a batch for four gallons of beer; after five or six days draw it out, and take twice

‘ twelve ounces every morning for eight or ten days.’

The following liniment is reckoned a very effectual remedy :

‘ Take of crude sulphur, two drachms ; of Venice soap, one drachm and a half ; prepar’d nitre, half a drachm ; golden litharge, two drachms ; sweet mercury, one drachm and a half ; white unguent camphorated, one ounce ; oil of rose wood, four drops ; mix ’em, and make an ointment.’

Take internally ethiops mineral, bezoar mineral, vipers flesh, diaphoretick antimony, tincture of antimony, decoction of wood, gum guaiacum, &c. and outwardly, tho’ with caution, herpetick ointment, mercurial ointment for the itch, and mercurial lotion.

Sulphur is a kind of specifick in this disorder, and the chief ingredient in most ointments.

Externally take of live sulphur in powder, half a pound ; hogs lard, one pound ; capital soap-lees, three ounces ; mix them, and make an ointment to be used every night and morning.

Quick-silver is dangerous. But if you desire to avoid the trouble of bathing, which is otherwise convenient, or the offensive scent of ointments, you may cure this distemper by wearing a shirt four or five days, boiled in spring-water, and powder of sulphur, and dry’d.

7. LENTIGINES are yellowish spots, about the face, neck, and hands, and as big as lentil-seeds : they stick fast to the skin, and are hard to cure, if of long continuance. The proper remedies are, oil of tartar by straining, oil of myrrh by straining, with white of egg prepared, virgin’s milk, &c.

8. The LEPROSY of the *Arabians* is scarce known in England, and principally afflicts those who thro’

necessity live on unwholesome food. It is a red swelling in various parts of the body, attended with ulcers, which on the smallest hurt bleed, tho’ with no pain. This disorder may be cured by a fetid sweat raised by a decoction of elm, drank with white-wine.

9. In the *Leprosy of the Greeks*, or simply, *The LEPROSY*, the skin appears sometimes black and blue, sometimes yellowish, and red inclining to black, crusty and scabby, and when confirmed, spreading over the whole body. The strongest medicines possible will hardly cure this distemper ; such as bleeding, medicated whey, expressed juices of succulent plants, chalybeat medicines, decoction of wood, salivation, steel-waters, mercurial catharticks, and the like. Bathing sometimes is prejudicial ; but baths or liniments made of tar are the best. Purging waters are serviceable ; Tunbridge waters more so, but viperine medicines exceed all others, except in hot constitutions. Washing the body in the sea, and swimming long and often in salt water, is approved by the most expert authors. This distemper is sometimes propagated to the fourth generation, and, when inveterate, becomes incurable. A decoction of elm-bark, drank with white-wine a long time, is accounted a sure remedy. The following liniment is sometimes applied : ‘ Take one ounce of ointment of orange-flowers ; one drachm and a half of white precipitate mercury ; half a drachm of camphire ; one scruple of white vitriol burnt ; mix ’em.’

A notable aluminous water is lately discovered at *Shadwell*, which is deemed very good in all scrophulous cases.

10. LIVERSPOTS are of a dark yellow colour, sometimes almost as broad

broad as the palm of the hand. The skin is somewhat rough, and itches extremely. They chiefly appear on the neck, breast, and back. Their cure is the same with that of the *lentigines*.

11. *PHLYCTÆNÆ* OR *PHLYCTENES* are small blisters, hot and itching, containing a clear matter. The remedies to be used towards the cure are the same with those for other eruptions of the skin.

12. *SIRONES* are pustles breaking out in the summer-time in the palm of the hand, and sole of the foot, attended with itching, which takes rise from small worms, that may be taken out by a needle, and killed by mercurial ointments and lotions.

13. *ST. ANTONY'S FIRE* seizes persons in open places, which is vulgarly called *being planet struck*; and consists in a small swelling, accompanied with great heat, pain, and redness, and many small pustles, which in the height of the disorder turn into little blisters, that spread wider and wider, together with a fever. In this disorder use bleeding, next day a gentle purge, and at night a paregorick. In some cases it is necessary to bleed two or three times.

A plaister of cow's-dung is good in order to ease pain. You may use also, as a *mixture*, oil of elder, and lime-water, with a little spirit of wine camphorated. Externally you may take 'one drachm of Rhafis's 'white trochisk; one scruple of 'camphire; one ounce of spirit of 'wine; six ounces of elder-water: 'mix 'em: wet linen-cloths with 'this, to be applied warm, and repeated as soon as dry.'

If the disease be symptomatick, use the following liniment:

'Take an equal quantity of oil of elder, and thin lye: mix and

'shake 'em together a long time in 'a phial, till they become an ointment.'

There is another sort of *St. Antony's fire*, which generally succeeds a surfeit, or a too great indulgence in spirituous liquors. It begins with a small fever, and a breaking out of pustles over the whole body, appearing like nettle-stings, and sometimes rising to bladders; which depart with an almost insufferable itching, and upon scratching re-appear. This is to be treated as the former.

The following fomentation and ointment are prescribed by the famous *Sydenham* in an *Erysipelas*:

'Take roots of marshmallows 'and lilies, of each one ounce; 'leaves of mallows, elder, and base 'mullein, flowers of chamomile 'and melilot, tops of *St. John's-wort* and lesser centaury, of each 'one ounce; linseed, fenugreek-seed, of each half an ounce: boil 'them in a convenient quantity of 'water to three pints; strain it.'

And when you use it, add to every pint two ounces of spirit of wine; dip woollen cloths therein, and squeeze them; apply them hot, twice every day, and then anoint the part with the following ointment:

'Take half a pint of spirit of 'wine; Venice-treacle, two ounces; 'powder of long-pepper and cloves, 'of each two drachms: mix, and 'dip a piece of brown paper in it, 'and put it to the part affected.'

The following poultices is also well recommended:

'Take the green leaves of elder, 'four ounces; boil in milk very 'soft; then strain out and beat 'them to marsh: add ointment of 'elder-flowers, two ounces; ointment of poplar-buds, one ounce; 'cam

camphire in fine powder, one drachm: make a poultice.

The famous Mr. Boyle says, that the blood of almost any living creature is found to be a specifick in this disorder, often anointing the affected part with it, or laying moist on it, a cloth dipp'd in blood.

14. VARI are hard tumours, small; at bottom red, at top whitish, appearing in the neck and face, and about the size of a hemp-seed. When very red, they are somewhat difficult to cure; and if the redness remains after the removal of the pustles, with an hoarseness and inflammation, a leprosy will probably succeed. They may be cured by sugar of saturn, essence of benzoin camphorated, virgin's milk, and the like.

We shall add to this article the following approved receipts for those two troublesome distempers the itch and leprosy.

A safe Ointment for the Itch.

TAKE hog's-lard, two ounces; oil of sweet almonds, brimstone, of each one ounce; white hellebore, half an ounce; salt-petre, race-ginger, of each a drachm and a half; essence of limons, one scruple; mix them together, and make a liniment, with which anoint the parts affected well every night with a warm hand.

A Decoction against the Itch.

TAKE fumitory, ragwort, of each one ounce and half; liquorice, one ounce; quick-silver, four ounces: boil them in two pints and a half of water to two pints; strain it out, and sweeten it, and give the four ounces twice a day. You may take the quick-silver out without any sensible diminution or alteration, and use it again.

A Powder for the Itch.

TAKE Ethiops mineral prepared without fire, half an ounce; crude antimony, one ounce; make them into a fine powder, and take half a drachm three times a day, with a draught of the following water:

Take the shavings of saffras, two ounces; guaiacum with the bark, one ounce; liquorice-root, three ounces; coriander-seeds bruised, six drachms; infuse them cold in one gallon of lime-water. This is an excellent medicine, and of great efficacy in all foulnesses of the skin, as scabs, itch, leprosy, herpes, &c.

An Ointment for the Itch.

TAKE hogs-lard, three pounds; flower of brimstone, half a pound; cloves powdered, four ounces; mix all together into an ointment, and anoint the patient morning and night. The patient must wear the same linen all the time of cure.

A very extraordinary Ointment for an old and dry Itch.

TAKE turpentine wash'd in rose-water, three ounces; oil of roses, six drachms; the juice of three oranges; the yolks of three eggs; make an ointment. It may justly be styled wonderful, because it expels the itch by urine, causing the patient to make black urine every morning.

For a Scald Head.

TAKE emplaster mercurial, the plaister of hemlock, with ammoniac, of each alike; oil of sweet almonds, a sufficient quantity to make a cerate; apply it over the head.

For the Leprosy.

TAKE conserve of the roots of sharp-pointed dock, six ounces; crabs-eyes, coral prepared, of each two drachms; ivory, a drachm; powder of lignum aloes, yellow Sanders, of each a drachm and a half; sal prunellæ, two drachms; vitriol of steel, a drachm and a half; syrup of the juice of wood sorrel, what suffices; make them into an electuary. Give two drachms evening and morning early every day.

For the same.

TAKE the inner bark of elm-tree new-gathered, four ounces; spring-water, three pints: boil away one half: to the red strained liquor add syrup of raspberries, and syrup of mulberries, of each one ounce and a half: mix them together; being taken with one scruple of powder of vipers morning and night, is a specifick for a leprosy and elephantiasis.

An Ointment for the Leprosy.

TAKE of the itch-ointment, (mentioned in the preceding page) one pound; one ounce of oil of sulphur; mix them together; it is very sharp, and will scour off the crusts that deform the skin.

Mr. Boyle communicates the two following remedies for the itch.

An experienced Liquor to cure the Itch in the Hands or Face, without Mercury or Sulphur.

SHRED small, one ounce and a half of elecampane-roots, and as much of sharp-pointed dock, and boil them in two quarts of spring-water to a pint; then strain, and let the patient wash the parts affected with the liquor once or twice a day, but not oftener.

An experienced Wash, which quickly cures the Itch.

PUT a pound of strong quick lime to a gallon of spring-water, and after some hours, pour off the clearer; filtre the rest, and hang in the liquor two ounces of quick-silver tyed up in a linen bag, and boil it for half an hour, or more; then pour off the liquor again, and wash the hands with it twice or thrice a day at most.

The following is also well recommended :

For the Itch.

TAKE lac sulphuris, one scruple; lapis contrayervæ, and red coral prepared, each ten grains; mingle; make a powder. This quantity is to be taken every night in wine-whey, and every morning in milk-water, ten days and nights. When the patient has taken it five days, let him begin to use the following ointment :

Take an ounce of flower of brimstone; half an ounce of fresh-powder'd ginger; work it into as much soft soap as will make it into an ointment; anoint the patient, going to bed, by a fire, the other five nights, on every part affected but the stomach, wearing the same linen five days after. When perfectly well, purge, and not before.

An external Remedy almost specifick, says Mr. Boyle, for the Leprosy.

TAKE pomatum, one ounce; flower of sulphur, one drachm; sal prunellæ, half an ounce; and having mixed them very well together, from time to time anoint the part affected therewith, as long as there is need.

D E A F N E S S.

THE following remedy is recommended on experience, as an excellent cure for deafness:

‘Take black wool from a sheep; pick the hairs well out of it, dip it in tar, squeeze the tar out once or twice; then put it into the

‘ears; when it dries, renew it: beware of catching cold.’

For farther directions on this head, see the article *Ear*.

D E C O C T I O N.

See *Herbs, Infusion, &c.*

D I A B E T E S.

THE most common cause of this distemper, is the too great use of spirituous liquors. The cure consists in diluting with watry liquids, especially those impregnated with a lixivial salt, as lime-water, &c. and in withdrawing the cause.

The patient ought not to lie on the back, should forbear motion, as much as possible; and flanel should be worn next the skin, in order to promote a free breathing thro’ it. The following medicines, steadily taken, will relieve this ailment, if curable; for all outward remedies are ineffectual; viz.

‘Take rhubarb slic’d, one drachm; mint-water, three ounces; cinnamon-water, half an ounce; infuse them all night over the embers; strain them, and add solutive syrup of roses, one ounce. Let this gentle purging potion be taken in a morning; repeat it for once or twice at a day’s distance.’

‘Take plantane-water, two ounces; cinamon-water, half an ounce; syrup of white poppies, one ounce; powder of Japan-earth, half a scruple: mix, and make a draught to be taken at bed-time after the potion, each time.’

‘Take Japan-earth in powder, half a drachm; dragon’s-blood in powder, two drachms; powder of red coral, one drachm; con-

serve of flocs, half an ounce; of red roses, half an ounce; syrup of dry’d roses, as much as will make an electuary: of which take the bigness of a large chefnut thrice a day, drinking after it a draught of Bristol-water.’

Bristol-water is deemed in a manner a specifick for this distemper.

We shall add the following recipe’s, which have in different cases been try’d with good success.

An useful Powder for the Beginning of a Diabetes.

TAKE root of the male-piony, yellow amber, red coral, and choice gum Arabick, of each one drachm; reduce them to fine powder, mix them well, and let the patient take of this mixture from ten to twenty grains, twice a day.

An Infusion for a Diabetes.

TAKE nettle-roots fresh-gather’d, four ounces; of the herb, two ounces; of the seeds, with those of daucus, anise, cumin, of each half an ounce; lime-water, two quarts; set them in a warm oven to infuse (close stopped) twelve hours; decant the clear liquor, and in twenty-eight ounces of it dissolve gum Arabick, two ounces; crude alum, thirty-two grains; diacodium, four ounces: take four ounces for a dose; it is almost infallible in a Diabetes, bloody urine,

urine, or ulcers in the urinary passages. Repeat it as often as the symptoms are urgent.

A Lime-water for the Diabetes.

TAKE a pound of quick-lime, put it into a gallon of warm water, stirring it very well; let it stand twelve hours to settle; then strain it, and put to it of saffraſas, cut into very thin ſlices, four ounces; liquorice ſliced, aniſeed bruised, of each two ounces; raiſins ſtoned, four ounces: let them ſtand two days, ſtrain it, and keep it for uſe. Take a draught every morning, noon, and night.

An experienced Remedy for the Diabetes.

TAKE roſes, burnt ivory, of each a drachm and a half; ſeeds of purſlain, coriander, ſanders, barberies, of each two drachms; camphire, half a drachm; mix them with the juice of pomegranates; make them into little balls, each weighing a drachm. Take one of them, morning and evening, mixed with cold water, and ſyrup of roſes.

Dr. Jurin's Cure for a Diabetes.

DR. *Jurin* preſcribes twenty or thirty drops of *Mynſicht's* elixir of vitriol, to be put into a bottle of *Iſlington* chalybeat-waters, before it is filled, which, he ſays, will keep the waters good three or four

days, for the uſe of ſuch perſons as cannot drink them at the well.

‘ Among the diſeaſes in which the
‘ chalybeat waters, thus acidulated,
‘ are highly beneficial, I cannot, ſays
‘ the Doctör, for publick good, for-
‘ bear mentioning that obſtinate
‘ diſtemper the *Diabetes*, in which
‘ they ſucceed to admiration, when
‘ uſed for common drink to about
‘ three pints or two quarts a day.
‘ They take off the thirſt, abate the
‘ feveriſh heat, and after a few days
‘ the urine begins to return to its
‘ natural quantity, ſmell, and taſte,
‘ though for two or three days, upon
‘ firſt drinking them, the quantity
‘ will ſomething increaſe, as might
‘ naturally be expected from ſo diu-
‘ retick a liquor before its aſtrin-
‘ gency has begun to take place.
‘ But before the patient enters upon
‘ this courſe, he ought to be gently
‘ purged with *Epfom* or *Stretham*
‘ water, with the addition of *manna*,
‘ and *ſal mirabile Glauberi*, two or
‘ three times, at ſuch intervals as his
‘ weakneſs may require.’

See *Stone*, &c.

DIAPHRAGM.

See *Faundice*, *Ulcers*.

DIARRHOEA.

See *Conſerves* in *Confectionary*;
alſo *Fluxes*, *Fevers*, &c.

DIASCORDIUM.

See *Opium*.

D I E T.

An Account of the Qualities of Animals proper for Food.

ANimal ſubſtances are more eaſily aſſimilated into animal ſubſtances; and therefore it ſeems probable, that they are more nourishing to human bodies, than vegetable.

The nature of animal food muſt depend upon the nature, age, diet, and other circumſtances, of the animal we feed upon.

Animal juices, as well as vegetable, are in their greateſt perfection, when the animal is full-grown: young animals participate of the nature

ture of their tender aliment, as sucklings of milk.

Animal nourishment differs considerably, as the animal is terrestrial, amphibious, or aquatick.

Fishes contain more of animal salts and oil; for they corrupt sooner than terrestrial animals. Some fishes, as the thornback, when dry'd, taste of sal ammoniack. The muscular fibres of fishes are generally more small and tender, than those of terrestrial animals, and their whole substance more watry. Some fishes, as whittings, can be almost intirely dissolved into water. From which qualities a diet of some fish is more rich and alkalescent, than that of flesh. The oils with which fishes abound, often turn rancid, and lie heavy upon the stomach, and affect the very sweat with a rancid smell; which is found to be true in some places, where the inhabitants live intirely upon fish. Notwithstanding the redundant oil in fishes, they do not increase fat so much as flesh, by reason of their watry quality.

Water-fowl abound with the same rancid oil as fish. Fish, being highly alkalescent, want to be qualified by salt and vinegar.

The difference of the qualities of the flesh of the same species depends upon the manner of living of the animal.

Abstracting from other considerations, the most healthful animal affords the best aliment; and the castrated, than those that are not so.

An animal that feeds itself, takes the most proper food in the properest quantities, (if it has plenty enough) has better air, and more exercise; all which contribute to make the animal more healthy. For these reasons *Hippocrates* commends the flesh of the wild sow above the tame.

The flesh of the same species differs very much, as the animal lives in marshes or mountains. The wild kinds of animals, having more exercise, have their juices more elaborated and exalted; but for the same reason the fibres are often harder, especially when old. For this reason perhaps the roe-buck is the finest of the venison kind.

This rule, in some measure, holds true with fishes. Sea-fish, living in an element more agitated, and river-fish, are better than those in ponds. Eels, for want of exercise, are fat and slimy.

As the fibres of fat animals are often more tender and moist, than those of lean, they are more coveted by mankind; and tame fowls, offering themselves, as it were, to mankind, seem to be their natural food.

The juices of the same animal in decoctions are often more nourishing when the solid parts are not so good, and the broth made of grown animals more nourishing than that of young; for of the parts of the same animal, the muscular flesh, with the nervous parts, affords the best nourishment, as containing the most spirituous parts. The difference of the muscular flesh, taken in substance, depends upon the hardness, tenderness, moisture, or dryness of the fibres.

The several parts of the same animal differ likewise in their qualities: their livers are tender, and by the juice which they contain, are easily corruptible. All the parts, and especially the glands, partake of the qualities and juices which they prepare: the intestines, and parts about the mesentery, are relaxing: the bones and horns contain a great deal of volatile salt: the feet, consisting of tendons and ligaments,

ligaments, contain a viscidous nourishment, proper where such is indicated. The blood of animals contains salts which make it laxative; it is not easy of digestion. Stall-fed oxen, and cramm'd fowls, are often diseased in their livers.

What to be chiefly regarded in Preparations by Cookery.

Preparations by cookery of fish or flesh ought to be made with regard to rectifying their most noxious and slimy substances, and to retain the most nutritious. Such preparations as retain the oil or fat, are most heavy to the stomach, which makes bak'd meat hard of digestion. Boil'd flesh is more moistening, and easier of digestion, than roasted.

Of pectoral Diet.

There are as many good pectorals of the alimentary, as of the medicinal kind; as all preparations of barley, oats, honey; all saponaceous substances, which attenuate phlegm.

Lenitive Diet.

There is aliment lenitive, expelling the feces without stimulating the bowels; such are animal oils quite fresh, (for by standing they grow acrid) as cream, butter, marrow, broths made of the parts of animals about the mesentery, oils express'd from ripe fruits, (from unripe they are austere and astringent) the juices of mild and ripe fruits, decoctions of farinaceous vegetables; natural soaps, as honey, sugar, such diet is proper for the hot constitutions of warm countries, where strong perspiration exhales the moisture. Water, milk, whey, taken in the open air without much exercise, so as to make them perspire, relax the belly.

Stimulating Diet.

There are aliments which stimulate in a small degree. Jellies made of the solid parts of animals, as of their horns, stimulate by the salts that are in them; salted flesh, which often throws ships crews into fluxes; shell-fishes, which have a saline taste; garden-fruits, which have any acrimony; most sorts of berries, some of which will produce diarrhoeas. Warm water mixt with honey, and honey mixt with acids, dissolve phlegm in the bowels. There are others which promote the secretion of bile, such as all natural soaps, the juices of fruits sharp and sweet, especially grapes, the immoderate use of which will produce a cholera morbus, or overflowing of the gall.

A frequent and wise use of low diets and evacuants, as well by bleeding as purging, is, says lord Bacon, a great means of long life, as these, in some measure, restore by fresh blood and spirits, a kind of youth in the human species. Aristotle, he says, excellently observes, that the reason why some plants have longer life than men, is, because they yearly put forth new leaves and boughs; whereas living creatures, after they have done growing, put forth nothing but hair and nails, which are excrements, and no parts: and young boughs and leaves calling up the sap to them, the body receives some nourishment in its passage, and a kind of renovation to the whole plant is thereby effected. There are parts in animals hard, and others easy, to be refresh'd and repair'd: Those easily reparable are, the blood, spirits, and flesh; those difficultly to be repair'd, are the bones, nerves, and membranes, and likewise some entrails: You must therefore re-
fresh

fresh and renew those that are easy to nourish, that the others may be refreshed, and, as it were, drink in nourishment in the passage. One means to do this is, by gentle friction. See *Exercise*.

Dr. Cheyne gives the following general rules on this head:

1. He says, That the great rule of eating and drinking, for health, is, to adjust the quality and quantity of our food to our digestive powers. The quality may be judged by the following rules:

2. Those substances that consist of the grossest parts are hardest of digestion; the constituent particles coming into more contacts, and consequently adhering more firmly.

3. Those substances whose parts are brought together with the greatest force, cohere proportionally closer than those that come together with a smaller force.

4. Salts are very hard to be separated, because united by plain surfaces, under which they are always comprehended; and in the last stages of the circulation, where it is slower, shoot readily into larger clusters, and so are harder to be driven out of the habit. From these we may easily infer, that, 1. Those vegetables and animals that come soonest to their full growth, are easier of digestion, than those that are longer in attaining the state of maturity. 2. Those that are the smallest of their kind, than the biggest. 3. Those of a dry, fleshy, and fibrous substance, than the oily, fat, and glutinous. 4. Those of a white substance, than those of a more flaming colour. 5. Those of a mild, soft, and sweet, than those of a strong, poignant, aromatical, or hot taste. 6. Land-animals, than sea-animals. 7. Those animals that live on vegetables, or other light

food, than those that live on other animals, or hard and heavy food. 8. The nourishment nature has appointed for young animals, is lighter than the flesh of these animals themselves.

5. All cramm'd poultry, and stall-fed cattle, and even vegetables forced by hot-beds, tend more to putrefaction (and consequently are more unfit for human food) than those brought up in the natural manner.

6. Plain-dressed food is easier of digestion than what is pickled, salted, baked, smoaked, or any-way high-seasoned.

7. Strong men, those of large stature, and much labour, and the inhabitants of a cold and clear air, require more food than women, children, the weak, the sedentary, the aged, and those that live in a warmer climate, or grosser air.

8. Nothing conduces more to health and long life, than abstinence and plain food, with due labour.

9. Where exercise is wanting, (as in studious persons) there is the greater need of abstinence; for these, eight ounces of animal, and twelve of vegetable food, in twenty-four hours, is sufficient.

10. Most chronical diseases proceed from repletion; as appears from their being cured by evacuation.

11. Tender persons ought to use as much abstinence as they possibly can: and if they neglect it, their only relief is from frequent stomachick and family purges.

12. A plain rule for judging of the quantity is, not to eat so much as indisposes for business.

13. A more sensible and readier one is, first, by experience, to find out how much fits one, so as to be lightsome and healthy under it, and ever after to judge the quantity by

by the eye; nature requiring therein no mathematical exactness.

14. Pork and fish are not fit food for the studious and the tender.

15. Water is the most natural and wholesome of all drinks, quickens the appetite, and strengthens the digestion most.

16. Strong and spirituous liquors, freely indulged, become a certain, tho' a slow poison.

17. There is no danger in leaving them off all at once; the plea for continuing them being false and groundless.

18. The best strong liquor for weak and studious people is wine; the best quantity a pint in twenty-four hours; and the best way of drinking it is, three glasses with, and three without water.

19. The middling, light wines, fully ripe, and of a due age, are preferable to the strong wines.

20 Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off, so safely as water, tho' they seem to give present relief.

21. The frequent use of spirits in drams and cordials, is so far from curing low-spiritedness, that it increases it, and brings on more fatal disorders.

22. And even when they are diluted with water, in punch, the quantity taken down at once, and the addition of a corroding acid, produce equally pernicious effects in human constitutions.

23. Malt liquors (excepting clear small beer of a due age) are extremely hurtful to tender and studious persons.

24. Coffee is only an infusion of a kind of calx, and has the effects of an absorbent medicine; and so may be of some service to watry stomachs, if moderately used.

25. Green tea is a good diluter

of the food, as it is an agreeable, warm, small liquor; but Bohea is too heavy for the stomach.

26. Chocolate (as all nuts else) is so heavy and hard of digestion, that it can never be fit for the stomachs of weak and tender people.

27. Smoaking tobacco without drinking after it, chewing, or snuffing the gross-cut leaf in a morning, are useful to phlegmatick constitutions; but to dry and lean habits they are pernicious. Snuff is just good for nothing at all.

28. The proper quantity of watry liquors in twenty-four hours, to those that live regularly, is, two pints, (as that of strong liquor is one pint) which is best drank warm, and rather after, than in the time of eating.

Lord Bacon says, the use of wine is to be determin'd by the constitution. In dry and consumptive bodies it is hurtful, because the spirits of the wine prey upon the radical moisture, and so deprave the animal spirits. But it does good, moderately used, in moist and full habits, because it helps to digest, and dry up the superfluous moisture.

Suppers, especially of animal food, ought generally to be avoided by all sorts of persons, who would have quiet rest, a clean mouth, an easy stomach, and a clear head.

The Absurdity of general Rules about Diet, with regard to particular Constitutions.

After all, a very learned physician very properly observes, that the common distinction of diet into vegetable with water, and animal with fermented liquors, is not complete: 1. Because there is not one constitution which can be limited by such a distinction; nor can

can perhaps the same person, in different circumstances, be confin'd to one or the other. 2. Because there is not a general alimentary quality in which all vegetables agree: they are useful or hurtful according to different constitutions. There may be a stronger broth made of vegetables, than any gravy-soup. As flesh diet is generally alkalescent, and many vegetables are acid and

cooling, people of hot, bilious constitutions find themselves extremely well in a vegetable diet and water; and the same persons, perhaps, had enjoy'd their health as well with a mixture of animal diet qualify'd with a sufficient quantity of bread, vinegar, and fermented liquors.

See *Aliment, Digestion, Mastication, Perspiration, &c.*

D I G E S T I O N.

SUCH as have, by the use of spirituous liquors, weaken'd and destroy'd some of the solid parts of the stomach, can neither recover a good appetite, nor right digestion. When the action of the stomach is totally stopt by too great repletion, relaxing, as by warm water, is the only expedient.

The gall is the principal dissolvent of the aliment; and when it is defective, there can be no right digestion: such are reliev'd by bitters, which are a sort of subsidiary gall. The learned *Boerhaave* has found the gall of an eel, which is most intensely bitter, a most effectual remedy in such cases.

Acrimony or sharpness, and tenacity or glewiness, are the two qualities in what we take inwardly, most to be avoided.

Diarrhoeas and strong purgations must spoil the first digestion. De-

fects of the first concoction are not to be mended in the second.

The following is a good bitter wine for strengthening the digestion:

' Take of gentian-root, the yellow part of fresh orange-peel, each six drachms; cinamon, nutmegs, the lesser cardamums, each a drachm; cloves, saffron, cochineal, each a scruple; white-wine, two pints and a half: let them stand together for three days in a cold infusion; then strain off the wine, without pressing the ingredients.'

See *Aliment, Diet, Mastication, Stomach, &c.*

D I U R E T I C K S.

See *Evacuation, Stone, Urine.*

D R I N K.

See *Diet, &c.*

D R O P S Y, T Y M P A N Y, A S C I T E S, A N A S A R C A, &c.

THERE are several species of this disease, which are denominated from the part of the body in which it is seated.

1. There is an *Hydrocephalus*, or

Dropsy of the Head, which is only incurable when the serum is extravasated into the ventricles of the brain; and generally fatal in infants, when the futures are closed, and the skull

skull will give way no more.

2. A *Dropsy of the Breast*, which is attended with almost the same symptoms (see *Consumption*, p. 69.) as an *Empyema*, and cur'd by the same chirurgery.

3. A *Dropsy of the Lungs*, either by hydatides, or by lymph, extravasated in the body of the lungs.

4. A *Dropsy in the Fore-part* of the wind-pipe, in some measure like a bronchocele.

5. A *Dropsy in the Ovarium, Testes, Scrotum, or Uterus*.

6. An *Ascites*, or collection of water in the abdomen. 1. In the duplicature of the peritonæum. 2. Between the peritonæum and the bowels. 3. When the water is contained in the membranaceous coat of the glands.

7. Sometimes the air is so rarefy'd in the tumour as makes it hard and tight like a drum; and from thence it is call'd a *Tympany*.

8. When the lymph stagnates, or is extravasated under the skin, it is called an *Anasarca*.

Whatever hinders the return of the lymph into the veins, or breaks the lymphatick vessels, or obstructs the absorbent vessels, so as the lymph cannot be absorb'd or exhal'd, produceth a dropsy: Any stoppage of the circulation will produce a dropsy, as by strong ligature, or compression.

The most common of these causes are, an hereditary disposition; swelling down great quantities of cold watry liquors, which are not voided; violent acute distempers; stubborn obstructions of the viscera; the jaundice, obstinate intermitting fevers, bloody-fluxes; great evacuations, especially of blood; aliment viscous, and of hard digestion; inveterate scurvies; but the most common of all is, the habitual and co-

pious use of fermented and spirituous liquors.

The effects are, a swelling of the legs at night by degrees, still ascending higher; a swelling of the belly increasing; and in a *Tympany* sounding and tense like a drum, sometimes the sensation and noise of fluctuating water, shortness of breath, thirst, urine in too small quantity, no sweat: the stagnating serum at last turning acrimonious, exulcerates and putrefies the bowels, producing most dismal symptoms.

The best cautions and rules to be observed in these several species of this distemper, may be taken from the enumeration of these causes and effects.

The intentions to be pursued are, removing the causes, as obstructions; dissolving the viscosity or tenacity of the lymph, and evacuating it out of the body.

The viscosity of the lymph is best corrected by such substances as contain abundance of alkaline and volatile salts, spices, acrimonious pungent vegetables, and saponaceous substances.

The only contradiction to this is too great heat and thirst, to which regard is to be had, and do indicate the use of acids, juice of limons, oranges, sorrel, &c. particularly if the urine be high-coloured.

The drink should be sparing; but as the thirst is sometimes intolerable, the patient may be indulg'd the free use of spaw-water, and Rhenish wine.

The aliment should be dry, and diuretick. Diureticks of the acid kind are the safest.

The chirurgical operations for drawing off the waters are to be left to the judgment of the physician.

Nothing is more beneficial than strong frictions of the skin, which attenu-

attenuate and promote the circulation of the ſtagnating ſerum.

Vomiting, in ſtrong conſtitutions, has prov'd often very effectual; for the concuſſion of the ſolid parts diſſolves and diſpels the ſtagnating humours; and even clyſters of proper ingredients are very beneficial.

Violent purges, by diſſolving the blood, have often prov'd pernicious.

Many have been cur'd by abſtinence from drink, eating dry biſcuit, which creates no thirſt, and ſtrong frictions four or five times a day.

When the extravafated ſerum is evacuated, the diet ought to be ſuch as ſtrengthens the ſolid parts, allowing ſpices and generous wine, and eſpecially the uſe of chalybeat waters, abſtinence from other ſorts of liquids, dry food, and aſtringent vegetables, exerciſe, eſpecially riding; and in general, ſuch a diet as generates good blood.

If the ſerum ſtagnates long, it turns acrimonious, and commonly renders the patient feveriſh and thirſty. Sour things are the propereſt both to prevent and cure theſe ſymptoms.

The following medicine has prov'd effectual in the utmoſt extremity:

' Take twelve grains of the drops
' of gum-galbanum; one drop of
' oil of cinamon; a ſufficient quantity of conſerve of red roſes: mix
' 'em, and make a bolus.'

You may increaſe the doſe, if neceſſary, to twenty grains.

Jalap is accounted a moſt powerful diſpeller of the water.

To provoke urine, ' Take one
' ſpoonful of emmets eggs boil'd in
' buttermilk; preſs 'em out; and
' having ſweeten'd with ſome ſugar,
' take it in the morning, walking
' four hours after it before dinner,
' for eight days ſucceſſively.'

Sweet mercury, without prejudice to the body, reaches the cauſe of the diſtemper, and, if poſſible, deſtroys it at once, when given in a proper quantity.

If a ſpitting ſucceeds, it may be remov'd, by adding a ſtrong purge; tho' a ſpitting in a dropſy is often ſerviceable, but always troubleſome. All ſalts provoke urine, but nitre moſt of all; which is uſeful both on that account, and becauſe it quenches thirſt.

In very dangerous ſymptoms purge but ſeldom; chiefly in the wain of the moon.

Sweating in this diſtemper is rather miſchievous than beneficial.

Bark of elder, and of dwarf-elder, iris-root, reſin, jalap, gum gutteta, are purging remedies; but principally coloquintida and elaterium.

The chief minerals are, lunar pills, mercurials, and the like; always remembering to give ſtomachicks (as wormwood, horehound, &c.) between the purges; garlick-root, and juniper-berries, are likewise good; but half a drachm of the juice of the herb kali, given three days a week, twice a day, in a glaſs of wine, is to be preferr'd; and one ſcruple or more of toad-aſhes may be taken in the ſame manner.

Rhubarb ſteep'd in wormwood-water diſtill'd, is a great ſtrengthener of the bowels, when the diſtemper is dried up.

In a deſperate ſtate of this diſeaſe, when the patient is troubled with a difficulty of making water, ' Take
' fix ounces of limon-juice freſh-
' ſqueez'd; four drachms of juice
' of garden-ſcurvygraſs; juice of
' liverwort and of plantane, with
' ſyrup of violets, each two ounces:
' mix 'em, and give four ounces
' every three hours, till the urine is
' plentifully diſcharg'd'; after
' which,

which, by due application of such medicines as are proper to dispel the water, the swelling of the belly will depart, and the patient, if possible, be perfectly recover'd.

Elaterium, which loosens the body without hurting the stomach, may be given after the following manner:

'Take ten grains of the best elaterium; one scruple of mineral salt; a sufficient quantity of quid-dany: mix 'em, and make a bolus.'

Sometimes a resolute abstinence from all kinds of drink, as we have observ'd above, will effect a cure; tho', to quench thirst, it may be convenient to hold a bit of toast, dipt in brandy, on the tongue; which will draw out the spittle, and put a stop to the distemper.

The following receipts have been well experienc'd in different stages of this disease.

For a dropsical Complaint.

PUT two ounces of fresh mustard-seed in a quart of the best mountain wine, and take a jill every morning fasting. When 'tis too hot, or too strong, put in fresh wine.

A Drink proper for a beginning Dropsy.

TAKE horse-radish roots, two ounces; leaves of garden scurvygrass; common wormwood and sage, the tops of lesser centaury and broom, each one ounce: infuse them in two quarts of strong ale for common drink. It will cure the dropsy, without any purging medicines, if used in the beginning.

A Cataplasm for the Dropsy.

TAKE fresh cow-dung, one pound; white briony-root, fresh gathered, half a pound; bay-berries

powder'd, four ounces; cumin-seed, and flowers of brimstone, of each two ounces; hogs-lard, three ounces: make a poultice, with a sufficient quantity of strong lees.

A Purge for a Dropsy.

TAKE the lesser pill of cochiaz, one scruple; gamboge, salt of tartar, of each half a scruple; oil of amber, two drops; with a little Venice turpentine: make five pills for a dose.

Another.

TAKE jalap in powder, thirty or forty grains; vitriolated tartar, species of diambre, of each five grains; syrup of buckthorn, a sufficient quantity to make a bolus, to be taken in the morning.

Excellent Pills for the Dropsy.

TAKE gambogia, gum ammoniacum, of each a drachm and a half; diagrydium, and tartar vitriolate, a drachm; with syrup of buckthorn: make a mass for pills. Dose from fifteen grains to half a drachm.

Another well-experienced Remedy.

GIVE about half a drachm, or two scruples, for a dose, of yellow transparent amber, twice or thrice a day in any convenient vehicle.

A well-attested Cure for the Dropsy.

TAKE sixteen large nutmegs; eleven spoonfuls of broom-ashes dried and burnt in an oven; an ounce and half of mustard-seed bruised; three ounces of horse-radish scraped; all to be put in a gallon of strong Mountain wine, and stand three or four days: then a jill, or half a pint, to be drank fasting every morn-

morning; and to faſt an hour or two after it.

A remarkable inſtance of the good effects of this remedy is one of the performers at Vauxhall, in the year 1739, who was given over by all his friends and phyſicians; and his legs were ſo ſwell'd and inſenſible, as not to feel any pain when put into a kettle of boiling water; but upon taking the above medicine, was cured in a few weeks, to the ſurprize of all his acquaintance.

A purging Infuſion for an Anaſarca.

TAKE leaves of ſena, two drachms; Roman wormwood, one pugil; coriander-ſeeds, cardamums, of each one drachm: infuſe 'em together in four ounces of fountain-water; ſtrain it, and add to it ſyrup of buckthorn-berry, one ounce: mix; make a potion, to be taken early, with care.

An experienc'd Medicine for an Anaſarca, or general Dropſy of the whole Body.

FRY freſhly-gather'd rue, with oil of walnuts, till it become fit to be apply'd hot as a cataplaſm or poultice to the navel; and keep it on that part for ſome hours, renewing it once or twice a day, if need require.

A moſt excellent and experienc'd Medicine for an Anaſarca.

TAKE Florentine orrice, two ounces; elecampane, ſquills, each half an ounce; elder, and dwarf-elder rind, each one ounce; Winter's bark, two drachms; ſena, two ounces; black hellebore, agarick, jalap, each two drachms; white-wine, two quarts: infuſe cold. The doſe is four ounces in the morning.

A Wine to be drank in the Dropſy, eſpecially in the Anaſarca.

TAKE broom-aſhes, live millepeds, of each three ounces; horſe-radish, black-hellebore, calamus aromaticus, white jalap, of each one ounce; ſalt of wormwood, one ounce and half; Winter's bark, cinamon, nutmeg, of each a drachm and a half; cloves, mace, of each half a drachm; long-pepper, the leſſer cardamum-ſeeds, of each one drachm; ſena, three ounces; wild poppies, one ounce: mix them in three quarts of white-wine; let them ſtand in a warm place; and take fix ſpoonfuls ſtrain'd every morning, or three ſpoonfuls twice a day.

A purging hydropick Ale.

TAKE roots of common fleur-de-lys, four ounces; horſe-radish, two ounces; elecampane, ſquills, each one ounce; muſtard-ſeed, juniper-berries, ſaffafras, each two ounces; Winter's cinamon, half an ounce; inner rind of elder, and dwarf-elder, each two ounces; ſena, four ounces; black hellebore-root, jalap, agarick, each half an ounce: diſpenſe for four gallons. This medicine is exactly ſuited for the cure of a dropſy, and is to be drank every morning, from half a pint to a pint.

Juices for a Dropſy.

TAKE green plantane-leaves, four handfuls; liver-wort, brooklime, each two handfuls: having pounded them in a ſtone mortar, add horſe-radish-water compound, half a pint, and wring it out hard thro' a cloth. The doſe is three ounces twice a day. The famous Dr. Willis aſſerts he hath often preſcribed it with ſucceſs.

For the Dropfy.

TAKE half a peck of the inner bark of elder; whole ginger, rhubarb sliced, each two ounces; steep them in two gallons of new ale, work'd up in a cask; when it has done working, drink half a pint

every morning. When one gallon is drank, another may be put into the cask.

See *Distillery*, P. I. Also *Jaundice*,
Rattle-snake root, *Scurvy*, &c.

D Y S E N T E R Y.

See *Fluxes*.

D I S E A S E S of the E A R.

THE ear, the organ of the sense of hearing, is subject to many disorders; and as the tampering of unskilful operators may be attended with very bad consequences, we shall give the following general rules, as proper to be observed in the cure of all the maladies appertaining to it; *viz.*

1. Let medicines that are to be put into the ear be lukewarm, not intensely hot nor cold.

2. Put no new medicine into the ear, till it be well-clear'd from the foul relicks of the former.

3. Three or four drops are enough at a time.

4. When a medicine is put into the ear, let the patient lie down upon the sound ear.

5. Let the medicines to be put in be neither too oily nor thick.

6. In all sorts of deafness, let the head be carefully strengthened, by both internal and external medicines.

7. Fumes are best for drying up, humid vapours for mollifying and easing, oily and spirituous things for discussing and strengthening; but in all, ever bear it in mind, that too much of any thing is good for nothing.

8. When medicines are put into the ear, it is convenient to masticate, or chew, that the medicine may penetrate the deeper.

It hath been observed by the Antients, that it is dangerous to pick the ear when a person yawns, because the inner parchment of the ear is then extended by the drawing in of the spirit and breath: for in yawning and sighing both, the spirit is first strongly drawn in, and then strongly expelled.

For a Stoppage in the Ear, occasioned by a Cold.

TAKE barley-water, half a pint; Hungary-warer, two ounces; honey of roses, one ounce and a half: mix them, and syringe a little warm into the ear that is stopp'd, and stop the ear with a little cotton dipt in the oil of sweet almonds.

For a Relaxation of the Drum of the Ear.

TAKE compound spirit of lavender, tincture of castor, Hungary-water, of each alike: mix them together, and drop a little warm into the ear.

For Ringing and Noise in the Ears.

PUT into the hole of the ear cotton, on which is dropp'd oil of bitter almonds, mix'd with tincture of castor, or oil of cloves; squeeze it into the passage, lying for some time after on the contrary side. At bed-time stowe wine with rosemary and drink it warm, in order to dis-

pose yourself to sweat. Keep your feet and neck very warm, and you may receive the steams of coffee, tea, or stoved wine, into your ear, and then stop it up again close.

For a Deafness attended with Pain in the Ears.

TAKE the flowers of lavender, rosemary, pennyroyal, laurel-leaves, of each one ounce; juniper-berries, laurel-berries, of each one ounce; sweet-fenel-seed, half an ounce: boil them in an equal quantity of spring-water and milk; strain, and to a quart thereof add spirit of wine camphorated, four ounces; and let the steam ascend thro' a funnel into the ears.

For violent Pains in the Ears.

TAKE a head of garlick, roast it; then take the softest of it, and mix it with as much mithridate, and apply it about bed-time to the patient's ear, as hot as can be endured; and repeat it the next day, if occasion require.

For an Imposthume in the Ear.

TAKE the liniment of Arceus, half an ounce; saffron and myrrh finely powder'd, of each half a scruple; yolk of egg, two drachms; balsam of Peru, one drachm: mix them, and apply them warm twice a day.

Another.

TAKE a thick slice of right leavened bread, that is sharp of the leaven, toast it brown on both sides, then split it in the middle, and wet the inner side of the thickest piece in vinegar, and lay it to the ear as hot as you can bear it, and so let it remain twelve hours; in much less time, viz. in two or three hours, it will draw out the

bag, which, if not broken of itself, you must lance, and make a tent of lint, which dip into oil of St. John's-wort, and put it into the ear. Make then a plaister of the same ointment, and lay it upon the ear; and continue dressing it thus, till it be well. If you have none of this ointment, you may take any other sticking salve instead of it; but be sure keep your ear warm, that you may not take cold.

The following Receipt cur'd a Man eighty Years old, who had been deaf many Years.

GET the blackest wool you can of the flank, unwashed; and put in it four grains of civet, and stop the ears: then anoint the back of the ears with oil of lilies, for a fortnight, or more, as you find occasion.

A Salve and Oil for Deafness.

TAKE frankincense, two ounces; virgins-wax, deers suet, trefin-stone-pitch, pine-resin, of each a quarter of a pound: melt all together, and strain it; when near cold, add camphire and mastich, of each one drachm; mix well in a mortar with one ounce of Venice turpentine; then pour all into an earthen pot, and wash it well with a quart of white-wine.

The Oil.

Take three large onions; roast them well, and pill them; then strain them thro' a thick cloth, and add aqua-vitæ, and sallad-oil, of each three or four spoonfuls; of white-wine-vinegar, one spoonful: shake it, and drop three or four drops in the ears, and make tents with the salve with linen cloth.

N. B. You must observe a strict diet, not eat slimy or windy meats,

salt fish, or hard cheese; and you must keep your feet dry and warm, and take great care of catching cold. You must lie high with your head, and on your back, if both ears are drest; or if but one, lie on your sound side.

To cure Deafness.

TAKE a clove of garlick, and roast it very soft; then take a few drops of oil of bitter almonds, and mix with it, and a little saffron: mix this all together in a spoon, and put it into a bag, and put the bag into the ear, fresh and as warm as can be suffered. Take this out in the morning, and stop the ear with black wool from the sheep, and be careful of taking cold; and continue this for a fortnight. This is the pattern of the bag both as to shape and size, with a string to it.



EMPHYEMA.

IS a terrible disease, which sometimes succeeds an inflammation of the lungs, and brings on a consumption. The symptoms are, a

weight upon the diaphragm, oppression of the lungs, difficulty of breathing, and inability to lie on the sound side; a perpetual cough and fever,

To expel an Insect out of the Ear.

TAKE the tinctures of myrrh and aloes, oil of bitter almonds, of each two drachms; oils of savine and wormwood, of each ten drops: mix them all together, and drop a little into the ears, and it will kill the insects, and draw them out. It is also proper for ulcers in the ears.

For an Earwig having gotten into the Ear.

TAKE rue, and stamp it in a mortar; then strain off the juice, and put it into the ear; then lie down to rest on the contrary ear, and when you awake, the juice will come out, and the earwig will be dead.

The juice of wormwood, of southernwood, and rue, of equal quantity, put into the ear, will also kill any vermin that is got into it.

The steams of coffee have often relieved a deafness that has been occasioned by the wax becoming too hard, which they will soften and set free.

ELIXIRS.

See Cordials, Stomachs, &c.

fever, with thirst, flushing of the cheeks, and weakness and decay of appetite. The cure is surgeons work, by opening the side. If the ulcer is not broken, it is commonly called a *Vomica*, and attended with almost the same symptoms as an *Empyema*. The ulcer may break suddenly into the larynx, and then suffocation may be apprehended;

or inwardly, and the matter may by degrees be expectorated.

See *Consumption pulmonary*.

EMULSION.

See *Herbs*.

E P H E M E R A.

See *Fever*.

E P I L E P S Y.

THE fit of an epilepsy seems to be only a greater, a more severe and universal convulsion, whose access generally happens on a sudden, and deprives the patient of his sense and understanding, and tells him, as it were, to the ground, whence 'tis also called *The Falling Sickness*. In children there are great hopes, that the distemper will leave them about the time of their puberty.

The causes are sometimes an hereditary or family disposition from parents; a sudden fright of the mother when with child of the patient; a contusion of the brain; an abscess; acrimonious serum; inflammation, corruption, erosion of the meninges or membranes of the brain; fulness, heat, drunkenness, intense study, strong passions, especially sudden terror; all violent affections and irritations of the nerves in any part of the body; especially by something acrimonious in the stomach or bowels, by worms, by teething, and acidity in the stomach in infants, by some contagion or purulent matter after acute diseases; suppression of usual evacuations, the menses, hemorrhoids; hysterical affections contracted by accidents in lying-in; and often by too great emptiness. The smallest irritating cause will induce a fit in such as are

subject to it, and such ought to be prevented with great care.

There is no disease, which infests mankind, more terrible in its symptoms and effects, the worst of which are a weakening and perhaps an abolition of the faculties of the mind; whether the cause of the disease be in the brain, is easily known from the concomitant symptoms.

The intentions of the cure of the disease must be different, according to the cause. Bleeding, and plentiful evacuations, when there is a *plethora* or *inflammatory disposition* in the brain; aliments without acrimony, demulcent or mild, avoiding every thing which stimulates, taking such things as are opposite to the particular acrimony which causeth the disease, relaxing the belly without irritating; in acute and periodical pains, anodyne substances.

If the disease is the consequence of an hysterical disposition, a warmer regimen is necessary.

If the cause is in the *stomach*, generally anti-acid substances relieve.

If they are *not flatulent*, several have been cured by a milk-diet, but it will do hurt when there is acidity in the stomach. When the irritating cause is in some outward

part of the body, it is proper to root it out by suppuration.

The cure, if proceeding from any disorder of the stomach, is to be begun with emeticks: mercurius dulcis is to be mixed with purgatives of the milder kind. Absorbents are commended; chalybeats, mineral waters, decoction of the woods, issues; and if bleeding be made use of, it should be in the ankle.

To rouse the person out of a fit, let the smoak of tobacco or of feathers be blown in the face; the fumes of amber are also good; as also the oil of it to rub the temples with it: but the general practice of holding the limbs in the fit, is intirely wrong: As is also, generally speaking, the applying volatile salts and spirits to the nose.

Alphonfus Ferrinus affirms, That he hath cured several epileptick persons with a decoction of guaiacum alone, giving twice a day to the quantity of six or eight ounces, ordering them for their common drink a second decoction of the same wood. If to the same decoction peony-root were added, perhaps the medicine might be still more efficacious. The flower of sal armoniack and spirit of the same, as also native cinnabar, and wild valerian-root, are very good.

Dr. *Cheyne* tells us of a physician at *Croyden* that was cured of an epilepsy by a milk-diet, totally abstaining from all other eatables and drinkables.

The juice of rue is much commended for this distemper; and therefore the extract of it must have the same virtues, and may be more conveniently taken.

An eminent physician advises, That a gentle vomit should be given as one of the first remedies; after which, that the blood-vessels should

be emptied by gentle physick: for example,

‘Take rhubarb mixed, one drachm;
‘ small cinamon-water, three ounces;
‘ infuse these all night over the em-
‘ bers; in the morning add syrup
‘ of succory with rhubarb, half an
‘ ounce; and straining out all, take
‘ it.’

And make four bolus's of the following medicines, viz.

‘Take native cinnabar, two scrup-
‘ les; volatile salt of hartshorn, ten
‘ grains; conserve of rosemary-
‘ flowers, two drachms: one of
‘ which bolus's take every sixth
‘ hour, drinking after it each time
‘ six spoonfuls of the following
‘ julep:

‘Take bawm and black-cherry
‘ water, of each four ounces; gum
‘ ammoniack, one drachm; galba-
‘ num, half a drachm: mix.’

These remedies this learned gentleman avers will relieve a fit, or a disposition to one: but if, after all, says he, fits should return, and you have made proper discharges by vomiting and purging, as above, take forty or fifty drops of the following mixture in a glass of any simple water before a fit; viz.

‘Take sal volatile oleosum, one
‘ ounce; and liquid laudanum, two
‘ drachms: mix.’

The following draught given twice a day, with proper regimen, cured a girl of the distemper:

‘Take half a drachm of the
‘ whitest Spanish soap; boil it in
‘ three ounces of cow's milk for a
‘ draught, to be drank warm.’

After blistering and repeated vomitings, you may give the following tincture:

‘Take of wild valerian-root,
‘ and white dittany, each six
‘ drachms; powder of castor, and
‘ the white of pigeons dung, each
‘ half

‘ half an ounce; misleto, six drachms;
 ‘ cinamon-bark, and rosemary-tops,
 ‘ each half an ounce; leaf-sena, two
 ‘ ounces; jalap, and turpeth, each
 ‘ half an ounce; infuse it cold for
 ‘ ten days in a gallon of French
 ‘ white-wine; strain it, and add of
 ‘ powder of man’s skull, and elk’s-
 ‘ hoof, each two drachms; sugar,
 ‘ four ounces: with which mix oil
 ‘ of amber, four scruples; spirit of
 ‘ castoreo, two drachms: mix ’em,
 ‘ and make a tincture, for four
 ‘ ounces the dose.’

The patient may also plunge the parts affected in cold water, after having rubbed them well before the fire.

To excite vomiting, the patient may be carried to the sea; after which let him walk three or four hours a day, for a week or longer, in a furrowed field, which hath lain fallow for some years, immediately after it has been ploughed up. This may be repeated.

Native cinnabar may be given after this manner:

‘ Take half an ounce of native
 ‘ cinnabar very well rubbed; red coral prepared, and pearl prepared,
 ‘ each two scruples; British saffron,
 ‘ one scruple; mix ’em, and make
 ‘ a powder. The dose is a scruple
 ‘ in a cephalick julep.’

Juice of rue, or its extract, is much commended. Above all things a milk-diet is eligible, with a total abstinence from all other sustenance, where there is not acidity.

The following is a specifick powder:

‘ Take earth-worms prepared,
 ‘ one ounce; human skull prepared, two drachms; small cardamum-seeds, two scruples; mix it,
 ‘ and make a powder to be divided
 ‘ into twelve papers; one paper to

‘ be taken twice a day, in a spoon-
 ‘ ful of the following julep (drink-
 ‘ ing three spoonfuls of the same
 ‘ after it):

‘ Take black-cherry water, and
 ‘ lime-tree flower-water, each half
 ‘ a pint; compound peony, two
 ‘ ounces; tincture of castor, two
 ‘ drachms; syrup of compound
 ‘ peony, two ounces; mix ’em, and
 ‘ make a julep.’

Epilepticks ought to breathe a pure air, unaffected with any steams, even such as are very fragrant. Their diet ought to be nourishing, of easy digestion, avoiding hogs flesh, water-fowl, and all vegetables that are pungent, windy; and, generally speaking, all fruits, especially nuts; with little wine, and none, if they have not been accustomed to it; they ought not to turn round, nor stand on precipices; should keep regular hours for repast and sleep, for every unusual thing is a stimulus; but of all things the most necessary is the avoiding the occasions of violent passions, and keeping themselves chearful.

The following prescriptions are also commended as excellent and experienced in different cases.

Against the Epilepsy and Vertigo.

TAKE male-peony roots fresh-gathered, four ounces; peacocks dung, of the white uniform sort, not the dark-coloured and chaffy, half a pound; raisins, twelve ounces; prepare for a bag for two gallons. It is held, says Dr. Fuller, to be a specifick in the above distempers.

An Epileptick Infusion.

TAKE misleto cut and bruised, four ounces; juice of rue, one ounce; brandy, four ounces; spring-water, twenty-eight ounces; salt of tartar, two scruples; infuse in a

gentle heat twelve hours. Let the strained subside, till cleansed, which decant and sweeten with syrup of peony compound, four ounces.

Mr. Boyle, (usefulness of Philos. p. 175.) relates an history of a radical epilepsy cured by mistleto of an oak. But, for ought I know, says Dr. Fuller, it is only the superstition of the *Druids*, and scarcity of that of the oak, which gives it the preference before that of hazel, white-thorn, lime, apple, or even crab-tree.

An Epileptick Tincture.

TAKE Russia castor, half an ounce; yellow amber powdered, English saffron, of each two drachms; fresh flowers of lily of the valley, one ounce: to these pour spirit of wine camphorated, spirit of lavender compound, spirit of salt armoniack, of each four ounces: digest without heat six days, and then decant, and filtre.

It thoroughly and miraculously (saith the communicator) eradicates an epilepsy and hysterick passion, if given before and after the paroxysm, and repeated before new and full moons.

The dose is from one scruple to one drachm, in black-cherry or lime-flower water, or a cephalick julep.

Dr. Willis's Specifick for the Epilepsy.

TAKE the roots of male peony, dried and powdered, from a drachm to two or three drachms, twice a day, in the following tincture:

Take leaves of mistleto of the oak, two drachms; peony-roots sliced, half an ounce; castor, a drachm; let them be put in a close vessel with betony-water, or simple-water and white-wine, of each

one pound; salt of mistleto of the oak, or the common mistleto, two drachms; digest them in a close vessel, in a sand-heat for two days. Take three ounces with the powder above-mentioned.

A Draught for the same.

TAKE powder of wild valerian-root, half a drachm; penny-royal water, and black-cherry water, of each one ounce and a half; syrup of peonies, two drachms; mix them, and make a draught.

Mr. Boyle gives the following Recipe against Epilepsies.

TAKE of the powder of the true mistleto of the oak, twenty or thirty grains, early in the morning, in black-cherry water, for some days near the full moon.

The same gentleman prescribes also as an effectual remedy, to take daily half a drachm at a time, of choice and very finely powdered amber, in any convenient vehicle, for about six weeks together.

Against the Epilepsy, and all convulsive Ailments.

TAKE piony and white poppy-seeds, blanched almonds, each half an ounce; fine loaf-sugar, one ounce; oil of nutmeg, two drops; when they are well beaten together, add by degrees, black-cherry water, one quart; make an emulsion according to art; to which, when strain'd, add compound peony-water, two ounces; mix.

It is given for the epilepsy, and all convulsive diseases, but is especially of use in fevers with head-ach, frightful dreams, snatching of the tendons, &c.

The dose from two to four ounces every eighth or sixth hour.

See

See *Apoplexy, Head-ach, Hypochondriack Disorders, Palsy, Scurvy, &c.*

ERUCTIONS.

See *Heartburn.*

ERYSIPELAS.

See *Cutaneous Distempers.*

ESSERE.

See *Cutaneous Distempers.*

EVACUATIONS.

These are generally bleeding, blistering, catharticks, or purgatives, clysters, cupping, diureticks, issues, or seatons, sweating, vomiting, &c. We shall say something on each head, and begin with,

1. *Bleeding.*] This operation we have taken proper notice of under every head, where it is useful or necessary, in general cases; and so shall pass it over here without any farther notice than to observe, that as it is usually the surgeon's province, so it is generally to be left to the prescription of the physician.

2. *Blistering.*] This is an operation proper to pituitous and cold constitutions, which abound with serum. It may be in these cases applied in the first attacks of fevers to secure the head, as well as in the increase, state, and declension, by way of cure, when the spirits being overcome with sleepiness, vertigo, head-ach, convulsions, and other dangerous symptoms, require a particular care; but in hot constitutions, when there is not much serum; and the blood thick, and in such fevers as are attended with great parching dry heat, restlessness and lightheadedness, blisters do not seem to be agreeable, neither are they proper for child-bearing women, nor persons troubled with the stone, or sharpness of urine.

The following receipts for the plaisters, &c. where it is necessary to apply them, deserve to be inserted here.

A slow but innocent way of making Blisters without Cantharides.

"Take crows-foot, and putting to a handful of it about half a spoonful of mustard; beat them very well together to the consistence of a poultice; put this to the thickness of one's little finger into a cover of a box, cut shallow, and of about the breadth of the palm of one's hand, (though this cover be less necessary than convenient) and cutting a hole of the wideness of the box in a plaister of diapalma or the like, to make it stick: you must apply it to the part, and let it lie on twelve or fourteen hours, because it works as well more slowly than cantharides, as more safely and innocently."

A blistering Plaister.

"Take white pitch, eight ounces; Venice turpentine, cantharides finely powdered and searced, each two ounces and a half; mix."

Among the many receipts everywhere about for blistering plaisters, I account this far the best; for it doth its business in ten or twelve hours, and never fails.

Melilot Plaister for dressing Blisters, &c.

"Take of fresh resin, eight pounds; yellow wax, four pounds; sheeps suet, two pounds; after these are melted, put in five pounds of green melilot cut small; and make it into a plaister."

See *Strangury under Stone, &c.*

3. *Catharticks* or *Purging*.] Preparations for purging are very necessary, as well as the well-settling of the body after it has undergone evacuation. For want of this necessary preparation, says the great lord Bacon, the humours oftentimes stick, and come not away, which occasions great perturbations and ill accidents in the operation, and often dulls the efficacy of the medicine. The work of preparation is therefore two-fold, to make the humours fluid and mature, and the passages open; for both are necessary to make the humours pass readily. For the former of these, syrups are most proper; for the latter, apozems, or preparing broths; clysters also are often convenient, lest the medicine stop in the guts, and gripe in working. 'Tis true, bodies abounding in humours, fat bodies, and open weather, are preparatives in themselves, because they make the humours more fluid. But soon after hard frosty weather, and in a lean body, purging ought not to be attempted, without due preparation.

After the operation, it is good to use apozems and broths, less opening than those in the stage of preparation; and absterfive and mundifying clysters are also good to conclude with, to draw away the reliques of the humours, that may have descended to the lower region of the body; which is the more necessary, because the humours, which sometimes are quiet, and accordingly are little hurtful according to the places in which they are lodged, being stirred and put in motion by the physick, may do harm, if they are not duly quieted, or brought away.

Those medicines that have a quick operation, adds this great author, attract only the light and more fluid

humours; while those that operate slow, work upon the more tough and viscid. And therefore, says he, men must beware how they take rhubarb, and the like, alone familiarly, which drawing away the more fluid, leaveth the mass of humours more obstinate. The like he says of wormwood, which in his time, and long after, was so much magnified.

But it is to be observed, that it is now much in practice to chew rhubarb every morning, or very familiarly, and very great benefit has been thought to accrue from it. In so much that a certain old lady of quality, who died at above ninety years of age, told a friend on her death-bed, that she doubted not she should have lived to above one hundred years of age, had she not for some months discontinued her usual custom of chewing rhubarb.

We can only say on this head, as may be said on many others, that the constitution and habit of body is always to be consulted; since that medicine or practice may be very pernicious to one, which may be very beneficial to another. And the damage which the old lady believed she did herself, might probably be owing to her leaving off all at once, a method which she had for many years rendered habitual, and consequently necessary, to her constitution.

What further is needful to be said in relation to purgatives, will be found under the respective articles which require that evacuation. And for family purges, and general catharticks, we shall refer to the article STOMACH.

4. *Clysters*.] Are a safe and efficacious remedy in divers diseases; but as they are prescribed properly both as to essence and form under the heads

heads where they are necessary, we shall say no more of them here.

5. *Cupping.*] Of this we shall only mention, that it is very useful in several cases, which must be chiefly left to the physician: for it is to be observed, that the surgeons, having usually no hand in the operation, speak very slightly of its efficacy, in every case preferring, for obvious reasons, the lancet: nor shall we take upon us to say which is in the right; but only that there may be cases to justify the preference of either.

6. *Diureticks*] Are decoctions, emulsions, and oils of emollient vegetables, in so far as they relax the urinary passages: such as relax ought to be tried before such as force and stimulate. Those emollients ought to be taken in an open air, (to hinder them from perspiring) and on empty stomachs. Vegetables, which abound with essential salts, are diuretick by stimulating, as sorrel, chervil, parsley, eringo, &c. and all such as contain an aromattick balsam, as asparagus, fenel, &c.

See HERBS. See also HERBS under *Aliment*. See also STONE and *Gravel*, &c.

7. *Issues or Seaton*s] Fall properly under the physicians and surgeons directions as to the occasion and operation, and as they are touched upon in their proper places, we shall pass them over here; only giving the following recipe from Mr. Boyle:

To make an *Issue raw*, that begins to heal up.

"Take of lapis infernalis, one ounce; of crown-soap, an ounce and a half; chalk finely powdered, six drachms: mix them carefully, and keep them close stopped, except when about to use them."

8. *Sweating.*] This article is also the less necessary to be insisted on here, as it is mentioned under the respective heads of the diseases in which it is required. What is further requisite to be said on this head, we shall refer to the article *Sudorificks*.

9. *Vomiting.*] We shall also refer to that article, and the several diseases which require it.

The celebrated Dr. Cheyne prescribes the following general rules, as proper to be observed under the head of *Evacuations*.

1. He says, That costive stools are signs of over-heated blood, too spare feeding, slowness of digestion, or weakness of the guts.

2. Purging stools shew intemperate feeding. Too full a meal has the effects of a purge, fills the guts with wind, and gives gripes. Mercury and even the bark, diascordium, and treacle, if over dosed, purge.

3. Head-achs, sick stomachs, vapours, low spirits, gripes, and colicks, proceed from cramming, and are ever accompanied with loose stools.

4. Those that live temperately, have one regular stool a day. Those who have more, exceed.

5. The cure of all relaxations of the nerves (the source of chronical diseases) must necessarily begin at the stomach and guts.

6. The time from eating a meal till its discharge, is three days, in those that have one stool a day: six in those that have but one in two days.

7. A gross meal produceth more disorders, the day the excrements of it go off, than the day it is eaten.

8. A meal takes the same time to get through the habit by perspiration, that its remains do to pass through the guts.

9. The

9. The errors of the first concoctions cannot be mended afterwards.

10. Pain, or relief, is not always the effect of the last meal or medicine, that was taken down.

11. Though cheese, eggs, milk, and vegetable foods, may be hard to digest, without drinking of water, to some stomachs, yet their chyle is good, and produces no bad effects.

12. Turbid water, with brick-dust sediment, proceeds from the critical discharge of what was preternaturally retained in the habit.

13. Pale sweet water, from the urinous salts being yet retained.

14. There is great difference between hysteric pale water, and that which proceeds from a diabetes.

15. That appearance of fat on the urine of some people is nothing but a thin film of salts.

16. Bright amber-colour'd water, with a light sediment rising toward the top, amounting to three quarters of what is drank, is a sign of good digestion.

17. Great quantities of pale water proceed from excess in the quantity of food, and want of exercise. The cure of it is performed by eating less, using more exercise, and taking some diaphoreticks, to set the perspiration right.

18. High-coloured turbid water in small quantity, shews abundance of animal salts in the habit, or the immoderate use of spirituous liquors: and must be cured by vegetable food, and water, or other small drink.

19. Dark-brown water, or of a dirty red, is extremely dangerous, both in acute cases, and in those who seem at present to ail nothing.

20. Bloody purulent water, and full of films, is a sign of nephritick ailments, stone, and gravel.

21. The viscid matter, like jelly,

in the stools, and the viscid milky substance, somewhat like matter in the urine of some people of weak nerves, proceed from a corruption of the liquor of the mucous glands of the intestines, and of the bladder, and other urinary passages.

22. Obstruction of perspiration is one source of acute diseases, and a consequence of chronical ones.

23. Catching of cold is an obstruction of perspiration, by the humid and nitrous particles of the air. It should be cured by gentle diaphoreticks, and not by balsamick pectorals, which do no good but in the end of the cure, to promote expectoration from the lungs, if there be any occasion for it.

24. Persons of weak nerves have often a critical flux of rheum from the glands of the mouth and throat, to a very large quantity, which if not tampered with, brings them great relief.

The following is a list of medicines proper for easing the belly.

Fat broth of fresh beef. Tender pot-herbs boiled in broth. Mollifying and moistening medicines, for drinking and injection. Oils, chiefly squeezed and fresh, as oil of sweet almonds and olives. Those which mollify will also loosen. Ripe, summer, dulco-acid or sweet-sour, pulpy, juicy fruits. Alkekengi. Dwarf-elder-berries. Elder-berries. Dry figs. All sorts of garden cherries. Ground-mulberries. Ground-blackberries. Strawberries. Jujubes. Apricocks, peaches, apples. White and blue garden plums. Damascens, French, prignol. and red plums. White, black and red goosberries. Common black-berries. White and red rasp-berries. Sebesten. Tamarinds. All sorts of grapes. Crane-coloured grapes. Goosberries.

The

The fresh juices and musts of the following :

Cassia, two ounces ; manna, two ounces ; tamarind, two ounces ; pulp of tamarinds, two ounces ; juice of pale roses, one ounce ; aloë of rose-wine, six grains ; raisin, four ounces ; fenel-giant, half a scruple ; root of oak-fern, an ounce and a half ; rhubarb, one scruple and a half ; the same infused, one drachm ; Fernelius's syrup of wild-

mallow, three ounces ; syrup of succory with rhubarb, one ounce and a half ; syrup of fumitory, two ounces ; syrup of solutive roses, one ounce and a half ; syrup of simple violets, two ounces ; Rufus's pills, to six grains ; simple honey, dissolved in water, two ounces.

See *Fever, Infusion, Vomits, &c.*

E V I L.

See *King's-Evil.*

EXCESSES.

Custom is a second nature. This is a trite saying, says lord Bacon, and of great truth. The common use of an enormous quantity of food, and of strong drink, has been generally attended in some persons with neither drunkenness nor surfeit. Hence an excess in the soberest persons, is often more fatal, than an habitual excess in others.

Excesses are generally to be avoided ; yet sometimes diseases, especially chronical, such as quartan agues, have been cured by surfeit and excess, in meat, in drink, in fasting, in exercise, in lassitude, and the like. The reason is, because

diseases of continuance get an adventitious strength from custom, besides their material cause from the humours : so that the breaking of the custom leaves them only to their first cause, which, if it be any thing weak, will fall off ; moreover such excesses excite and spur nature, which thereupon rises more forcibly against the disease. Notwithstanding all this, excesses are not to be chosen, but avoided ; for it is not impossible, but the distemper may get the better, and in the violence of the conflict, the struggle may be fatally ended.

See *Diet, Surfeit, &c.*

EXERCISE.

DR. Cheyne lays down the following rules for health under this head :

1. Whatever, says he, was the original constitution of man, in our present state a due degree of exercise is indispensably necessary towards health and long life.

2. Animal food, and strong liquors, seem not to have been designed for man in his original make and frame, but rather indulged to shorten the ante-diluvian length of

life, in order to prevent the excessive growth of wickedness.

3. Walking is the most natural and effectual exercise, did it not spend the spirits of the tender too much. Riding on horseback is less laborious, and more effectual for such. Riding in a coach is only for the infirm, and young children. House exercises are never to be allowed, but when the weather or some bodily infirmity will not permit going abroad ; for air contributes

butes mightily to the benefit of exercise. Children naturally love all kinds of exercise, which wonderfully promotes their health, increases their strength, and stretches out their organs.

4. The organs of the body that are most used, always become strongest, and therefore we may strengthen any weak organ by exercise.

5. The lungs are fortified by loud talking, and walking up an easy ascent. The digestion and the nerves are strengthened, and most head-achs cured, by riding; the stone and gravel eased by riding in a coach over rough ground; rheumatick pains by playing at tennis, billiards, &c. till one sweat, and then going to a warm bed, to promote the sweating; feeble arms by playing at shuttlecock or tennis; weak hams by foot-ball, and weak backs by ringing or pumping. The gouty best recover the use of their limbs by walking in rough roads; but prevent the fits best, by riding on horseback, or in a coach. The valetudinary, and the studious, ought to have stated times for exercise, at least two or three hours a day, the one half before dinner, the other before going to bed.

6. Exercise, 1. should always be gone about with an empty stomach. 2. Should never be continued to weariness. 3. After it, one must take care not to catch cold. And, 4. it should always be accompanied with temperance, else instead of a remedy it will become an evil.

7. Cold-bathing is of great advantage to health; but should not be used under a fit of a chronical distemper, with a quick pulse, or with a head-ach, or by those that have weak lungs. It promotes perspiration, enlarges the circulation,

and prevents the danger of catching cold. Those of tender nerves should pour water on their heads before they go in, and none (so says this gentleman) ought to jump in suddenly, and with their heads foremost.

8. The flesh-brush is a most useful exercise, as appears by its advantage to horses, and ought not only to be used on human bodies, but also on such of the animals we design for our food, as it can be applied to.

The great lord *Bacon* also highly praises the practice of gentle friction, which, as he says, draws forth the nourishment to every part of the body, by heating the parts, and calling forth, as it were, the juices which should repair the blood, spirits, and flesh, and even give benefit in their passage to the bones, nerves and membranes, which are not so easily reparable in themselves. It is a fine exercise to such as cannot so conveniently take other. 'Tis best to be performed in a morning. Lord *Bacon* says it may be done by the hand, or by a piece of scarlet wool moistened with oil of almonds, mingled with a small quantity of bay-salt or saffron. We see, says he, that the currying of horses makes them fat, and in good liking. But it must be acknowledged, that the flesh-brush, now so well known, and so much used, is above all others the most wholesome and cleanliest device for this salutary purpose that can be made use of.

In another place, this learned author prefers friction in many cases to exercise, because, as he says, this practice draws greater quantity of spirits and blood to the parts, and also draws the aliment more forcibly from within: likewise because it opens the pores, and makes better passage for the spirits, blood, and

and aliment : and lastly, because it dissipates and digests any unuseful or excrementitious moisture, which lies in the flesh : all which contribute to assimilation. Friction also, he observes, fills and fattens the body, as we see as well in men, as in currying of horses, more than exercise ; because in this practice the inward parts, which require it, are at rest : for this reason, he says, gally-slaves, who stir the limbs more, and the inward parts less, are generally fat and fleshy.

But exercise, as lord Bacon observes, is not alike necessary to all constitutions : it is therefore, says he, an error to prescribe indiscriminately exercise to every one. If the body be hot, and void of superfluous humours, too much motion does hurt. The same great man observes, that exercise and a spare diet are not to be used at the same time. He observes, that the benefits arising from exercise are, 1. That it sends nourishment more forcibly into the parts. 2. That it helps to excern by sweat, and so makes the parts assimilate more perfectly. 3. That it makes the body more solid and compact, and so it is less apt to be preyed upon by the spirits. The evils that attend it, as he observes, are, 1. That it makes the spirits more hot and predatory. 2. That it absorbs and attenuates too much the moisture of the body. 3. That it makes too great concussion, especially if violent, of the inward parts, which delight more in rest. In fine, he concludes, that great exercise, generally, is no friend to prolongation of life ; and that this is one cause, why women live longer than men. But then this great genius should have considered,

that there is another reason, peculiar to the sex, which makes them suffer less by want of exercise than men.

Dr. Cheyne observes, that riding on horse-back is the best exercise to retrieve health when lost ; walking, to keep it when regained, or before it be lost.

How to make a fat Man lean, without Hurt.

Dwarf-elder-tree is good for this purpose : Or,

Take the quantity of a small walnut of brimstone beaten into fine powder ; twice the like quantity of fine sugar ; half a pint of red rose-water ; mix these together, and set them on the embers of a soft fire, till it be blood-warm ; then drink it off warm, using some exercise for two hours. The first sustenance you take must be a little warm broth. Continue this quantity every day for twenty days together. Take twenty leaves of the largest colts-foot green ; boil them in a pottle of clear ale posset-drink, till the pottle be wasted to a pint ; after which strain the drink from the leaves, and divide this pint into three parts, taking one part two hours after supper, when you go to bed, and drink not after it : this must be continued every night, as the powder every morning.

This receipt was tried in Queen Elizabeth's reign upon sergeant Wyatt Wild, who in twenty-one days taking it fell away twenty-two inches in the girdle, and lived afterwards twenty years, being fifty years old, when he took this medicine.

The same, as I have often tried, cures the itch, with pimples, and many other breakings out.

DISEASES in the EYES.

THE eye is so precious and tender an organ, so conducive to the happiness and pleasure of mankind, and at the same time liable to so many maladies, that we shall present our readers with as many approved recipes on this subject, as we shall judge suitable to the different misfortunes that commonly attend it.

A *blood-shot eye*, or one gumm'd up, or inflam'd, has been often reliev'd by holding the eyes over the steam of hot coffee.

For an Eye inflam'd with a Cold.

After losing eight, ten, or twelve ounces of blood, as the occasion requires, make use of the following wash in a sponge, viz.

Take rose-water or plantain-water, five ounces; white troches of Rhasis, a drachm; white vitriol, three or four grains; mix, and shake them together, and apply it often in a sponge all day long, till you find it recover; taking care that no dust get into it; nor that too much light oppress it. If the pain should be great, a poultice of a rotten apple roasted, may be applied at bed-time; or the white of an egg beaten to water, and thickened again with a little alum, upon a little lint doubled according to art, may be worn all night over the ball of the eye; and so continued every night while the eye is inflam'd, and the pain continues so as to break your rest.

An excellent Medicine for hot De-fluxions on the Eyes; also for Inflammations, Tumours, &c.

TAKE of prepared tutty, two drachms; white rose-water, and

frogs spawn-water carefully drawn, and very good Canary wine, of each two ounces; of aqua mirabilis, half an ounce; mix these well together, and let fall two or three drops into the patient's eye, especially at bed-time.

A Medicine for blood-shot or inflam'd Eyes.

TAKE frogs-spawn-water, a pint; salt of tartar, a drachm: mix and dissolve, and wash therewith: there cannot be a better medicine for inflam'd eyes, washed every day several times.

The Lady Fitzharding's Eye-water, which lately cured an almost blind Person, whose Eyes looked like Glasse.

TAKE three spoonfuls of white rose-water, as much eye-bright water, and as much sifted white sugar-candy as will lie on a three-pence, and the same quantity of fine aloes sifted and put to the water, and shaken together, and drop a few drops every night going to bed.

An excellent Remedy to take off Films from the Eyes.

TAKE powder of coral levigated, one ounce; powder of pearls levigated, three drachms; crabs-eyes levigated, one drachm; virgin-honey, two ounces; mix them, and anoint four or five times a day, but chiefly morning and night.

A choice Medicine for an Ophthalmia Sicca.

TAKE of the leaves of fenel, hyssop, celandine, betony, and carduus, of each one ounce; of linseeds, quince-seeds, fenugreek, and fleawort, of each half a drachm; of French

French barley, one ounce: boil all these a little in two quarts of fair water, and half a pint of white-wine. Let the patient hold his head (well fitted with a napkin for the purpose) over the fumes for about a quarter of an hour.

An excellent and very often try'd Eye-water, especially for outward Affections of the Eye.

TAKE of plantane-leaves, four ounces; and of strawberry-leaves, as much: digest these for twenty-four hours in a pint of good white-wine; then distil them to dryness in a glass head and body *balneo Maria*. The liquor that thus obtained put into a very clean glass (not copper) vessel, and let it stand there some hours, till it have acquired a manifest, but not a very deep blue tincture; and then put to it (when pour'd on) an equal weight of white rose-water distilled after the common way: shake these together, and let fall one drop into the internal corner of the eye, the patient stooping backward, and shutting his eye-lids for a minute or two, that the water may disperse on the eye, and that the quickness of the liquor, which may make it weep, may the less prejudice it.

make a choice ophthalmick Water to preserve the Eyes and Sight.

TAKE of the distill'd water of rue, celandine, and vervain, of each one ounce; mix them, and infuse in them two drachms of crocus metallorum, exquisitely ground, for a week or ten days; then very carefully filtre the infusion, that none of the atoms of powder pass through with the liquor. Of this let fall into the eye a drop or two, morning and evening, having a care not to

shake the glass, when you employ the liquor, lest some unheeded dust may have escaped the filtre, and be raised.

For Heaviness and Pain in the Eyes.

TAKE flowers of melilot, of elder, and of marigolds, of each an ounce; linseed, seeds of fenugreek, flea-wort, cumin, and quinces, of each half a scruple; French barley, half an ounce; damask roses, half an ounce; spring-water, a pint and half: mix, and make a decoction; with which foment the forehead, temples, and eye-brows, being sufficiently warm.

For a dry Inflammation.

TAKE of betony, hyssop, rue, wormwood, vervain, as also of sage-flowers and rosemary-flowers, of each of all these half an ounce (to which may be usefully added cumin-seeds, fenel-seeds, and carduus-seeds, of each a quarter of an ounce): boil these a little in two or three quarts of fair water, and then let the patient hold his head for about a quarter of an hour over the steam of this decoction, making use of a napkin to keep the smoke from dissipating, and direct it to his eyes. A while after he may put into them, if it be thought fit, a little clarify'd honey.

The Rheum Plaister, to be apply'd to the Nape of the Neck behind the Ears or Temples, against the Falling of Rheum on bad Eyes, Teeth, &c.

TAKE gum-tragacanth, half an ounce; mastich and olibanum, each three drachms; bole-armoniack, myrtle-berries, seeds of flea-wort, pomgranate-flowers, of each a drachm; Burgundy-pitch, half a pound; gum elemi, three drachms; purest

purest caranna, one ounce; best turpentine, half an ounce; beat them all severally into fine powder, save the four last. First, melt the gum elemi, Burgundy-pitch and caranna together, over a gentle fire; when they are melted, put in the powders, having first mixed them together; last put in the turpentine, and mix it well with the rest: make it up in rolls, and wrap it up in bladders: when you use it, spread it on leather, and apply it.

A Tobacco for decay'd Sight.

TAKE rosemary-flowers, betony-flowers, eye-bright flowers, of each one ounce; aloes-wood, amber-storax, clove-bark, and saffra-bark, of each an ounce: take the outward rind of Pistachio nuts, one ounce and a half; cortex Eleutherii, half an ounce: all being cut and grossly powdered, mix them. Put a quarter of a pound of the mixture to a pound of tobacco; then smoak it.

A Powder good for the Eyes and Head.

TAKE eye-bright, three drachms; mace, one drachm; make it into a fine powder.

I have seen decrepit old men almost blind, which were by the help of this powder restored to entire sight, saith *Montagnana*. But, besides its being a good eye-medicine, it is eminently available against the head-ach, if taken in a glass of wine at bed-time: that time is best, because the brain imbibes medicines (by the vehicle of the blood) most of all in the time of sleep. For the eyes, take half a spoonful before meals in a glass of sack.

A Water for the Eyes.

TAKE Canary wine one pint; rose-water eight ounces; waters of

celandine, fenel, eye-bright, rue, of each two ounces; tutty, one ounce and half; cloves, one drachm and half; white sugar-candy, red rose-leaves, of each one drachm; camphire, succotrin aloes, of each one ounce and half; mix: make the tutty red hot, and quench it in rose-water, mixed with sack, and throw that liquor away; powder all the things very fine, and mix them with the wine and waters; put them into a glass stopped with clay, and let them be exposed to the sun in summer forty days; shaking it frequently.

The person must lie on the back, and having a drop or two of this put into the eye, open and shut it, that the water may the better diffuse itself; use it three or four times a day.

For a Bruise and Blackness about the Eyes.

TAKE conserve of red roses, Solomon's seal bruised, Lucatellus's balsam, of each one ounce: anoint the eye with it.

An excellent Ointment in Inflammations of the Eyes.

TAKE fresh butter, four ounces; lapis calaminaris, tutty, white troches of Rhasis, of each three drachms; white vitriol finely powdered, two drachms; sugar of lead, one drachm; camphire, (dissolv'd in oil of sweet almonds) two drachms; copperas finely powdered, one scruple; mix them, and make an ointment, and put the quantity of a grain into the corner of each eye every night, and a little rubbed over the eye-lids, washing them with some eye-water in the day-time.

A Water

A Water to cool and repel sharp Rheums, and to take away Films and Specks in the Eyes.

TAKE white vitriol and bay-salt, of each one ounce: calcine them till they have done hissing; then pour upon them in an earthen pan, one pint of boiling water; stir them together, and let them stand some hours; a party-coloured scum will fix upon the surface, which take off carefully, and put the rest into a phial for use. If it is too sharp, put a little spring-water or rose-water to it.

A Liniment for sore and inflamed Eyes.

TAKE fresh butter, four ounces; white wax, one ounce; tutty prepared, half an ounce; camphire, two scruples: make into a liniment. This is a safe and good medicine, and may be used when other medicines are unsafe. It is to be just stroked over the eyes two or three times a day. If the eyes are blood-shot, spread some mixt with conserve of red roses, and put it with a cloth over the eyes all night.

For a Rheum in the Eyes.

TAKE an ounce of lapis calaminaris made red hot, and quenched nine times in red rose-water, and mountain wine, each a pint; then rub the lapis calaminaris very fine in a marble mortar, mix them together, and wash the eyes often therewith.

An Electuary. To be taken for a Cataract or Skin growing over the Sight.

TAKE cinamon, one ounce; spikenard, ten drachms; agarick, six drachms; mastich, two

scruples: beat them to a powder, and mix them with honey, and give the patient two drachms every day.

For a Rheum in the Eyes.

TAKE the leaves of green stinking hemlock, the leaves ofcelandine, and the leaves of rue, of each a like quantity; cut them, and beat them as small as you can in a mortar: have some bay-salt ground very fine in a mortar; throw it upon the herbs, and mix it very well with a pestle; then put it into a stew-pot with a cover, and let it be set in a cellar upon a shelf: the salt must be according to the quantity of herbs, so as to keep it moist, and from moulding. If one eye is sore, lay it to the contrary wrist; if both, to both wrists. Make it the latter end of May, or the beginning of June.

A Medicine to bind to the Wrists for a Pearl, or blood-shot Eyes, also Pin and Web.

TAKE two ounces of hemlock; two spoonfuls of wheat-flour; the white of a new-laid egg; a spoonful of honey; half an ounce of the best bole; unset hyssop, half an ounce; chop the herbs, mix them all together like a plaister; spread the quantity of a walnut upon sheeps leather; lay it upon the pulse on the contrary arm: change it morning and evening. If the eye be very full of rheum, lay any drawing thing to the nape of the neck, and it will heal the faster.

For a great Redness and Inflammation of the Eyes; call'd,

The thick Eye-water.

TAKE quince-seeds, a drachm; crocus metallorum, one scruple; of red rose-water, strawberry-water, and plantane-water, each six spoonfuls;

Spoonfuls; of fenel-water, three spoonfuls; set all these in a glass which will hold a quart; place it where it may have a little heat of the fire or sun; shake it often. When you use it, it must be strained, and two or three drops put into the eyes; take a thin cloth, fold it two or three times double, wet it in the water, and lay it on the eye: when 'tis dry, wet it again. Bind the eye up.

For a great Rheum and Redness in the Eyes, and to clear the Sight; call'd,

The thin Eye-water.

TAKE of tutia prepar'd, aloë hepatica, white sugar-candy, each two drachms; camphire, one drachm; white-wine, and red rose-water, each six ounces: let the dry things be very finely powder'd, and put them all together into a very strong glass bottle; mix them well together, stop the glass close, and set it in the sun for a month or more, stirring it every day. When you use it, you must put to a third part of this water two parts of red rose-water, or fenel-water.

To take a Web out of the Sight of the Eye.

TAKE a little white sugar-candy, and a little burnt alum, made into a very fine powder, just as much as will make the sugar taste a little tart; put five grains of it upon the web: dress the eye about eight o'clock in the morning with the powder, and at six with the water, till the eye is restor'd.

To take off a Flesh-Pearl, if the Herbs fail.

TAKE a little of the oil which is upon the top of honey, and

scrape into it a little very smooth and clear alum just to make it taste; drop into the eye upon the pearl two or three drops from a small knife's point. If the eye is weak, dress it once a day with the water, and once a day (if a strong eye, twice a day) with honey. If the eye is in violent pain, take the rotten part of a great pippin, spread it upon a trencher, and set it upright, that the water may run from it. Then put in a little bole-armoniack in fine powder to it, and mix it very well: lay some of it upon a cloth twice or thrice doubled, and bind it upon the eye, at going to bed. In the morning wash it with a little spring-water warm, and then dress it.

An excellent Eye-water.

BOIL two quarts of spring-water, as for tea; then, with a clean stick, stir in two ounces of bole-armoniack; one ounce of white copperas powder'd fine; a quarter of an ounce of camphire beaten with three bitter almonds; stir it till 'tis blood-warm; then put it into bottles, and shake it three or four times a day for a month together, when it will be fit for use. The longer 'tis kept, the better. Use it in bed; drop a little into the eyes. It will cure almost any sore eyes, and strengthen those which are not sore.

Dr. Moriaty's Eye-water.

TAKE white rose-water, plantane-water, and eyebright, of each one ounce; verjuice, half an ounce; prepar'd tutty, half a drachm: mix all these together with the white of an egg.

F A I N T-

F A I N T I N G S

MAY proceed from different causes, as excessive joy or grief, sudden surprizes, coagulations of blood near the heart, worms, stubborn heart-burns, stones or ulcers in the heart, polypus's, &c. and are always dangerous, if they come often without some evident cause. A fulness of blood will also sometimes occasion this disorder, in which case the quantity of it must be lessen'd; after which pour spirits of sal ammoniac upon a cloth, and hold it to the nostrils, removing it every now-and-then; and give also a spoonful of the following cordial; viz.

'Take compound hysteric-water, three ounces; chymical oil of nutmegs, ten drops: mixed together.'

And as soon as the party revives, inquire into the cause of the swooning, in order to remove it, if it proceed from accidental

occasions. In the fit, volatile salts, spirits of hartshorn, of urine, of amber; and oils of cinamon, of mace, of nutmegs, of cloves, taken in wine or cordial-waters, are very good to rouse nature, and make her return to her functions.

Women, who by reason of weakness and lowness of spirits are subject to this disorder, must avoid drams of all kinds, which afford but a temporary relief, and cause the distemper to return with greater force. A dish or two of chocolate will do far more service to such, as it will stay within them, and recruit their spirits, without burning their stomachs: tho' persons subject to obstructions, and who abound with acidities, must also be careful not to drink too much even of this liquor, because there is a great deal of substance in it like paste.

See *Feminine Disorders, Sicknes, Stomach, &c.*

FALLING of the FUNDAMENT.

TAKE the bark of oak, and make a strong decoction of it, in which put a hot cloth, and wring it; to be applied hot to the part, and as it cools, put another to it.

FALLING SICKNESS.

See *Epilepsy.*

F E L O N S.

See *Chilblains, Whitloe.*

FEMININE DISTEMPERS.

THE sex is unhappily subjected to so many distempers, which are in a manner peculiar to it, that we shall not offer to enumerate them here any otherwise than as will be found in the respective titles to the following approved prescriptions in various female cases; referring to other articles for what concerns the fair sex in common with the other.

An excellent Medicine for Fits of the Mother.

TAKE sagapenum dissolv'd in vinegar of squills, strain'd thro' a sieve, and again inspissated or thickened, ammoniacum in like manner prepared, steel prepared, myrrh, fucula of briony, of each half a drachm; English saffron, castoreum,

of each a scruple; borax, two scruples; syrup of stœchas, a sufficient quantity: mix, and make pills of a convenient bigness to be swallowed; of which take three, morning and night, with care.

A powerful Medicine for white Fluors, and the like Distempers.

TAKE a pottle of ale, and shred into it two ounces of white isinglass, and in a loosely stoppt vessel let the liquor simmer till about half is wasted; strain the rest, and give of it two or three ounces at a time, once or twice a day, as need shall require.

A Remedy for the Whites.

THE best of remedies in this case (after due purging) is, to give two, three, or four grains of laudanum, and to inject three, four, or six times a day, this water.

Take spring-water, two quarts; white vitriol, roch alum, of each one ounce: being in powder, mix and dissolve; let it settle, and use only the clear.

Pills for Suppression of the Menses.

TAKE of gum pills, one drachm; powder of safin, two scruples; troches of myrrh, half a drachm; oil of amber, four drops; syrup of mugwort, enough to make thirty pills; take three or four, as occasion requires.

For the Obstruction of the Menses.

TAKE conserve of rue, conserve of wormwood, of each half an ounce; powder of steel, six drachms; compound powder of arum-root, Winter's bark, castor, saffron, myrrh, round birthwort-root, borax, of each one drachm; Ethiops mineral, half an ounce; syrup of the five roots, enough to make an electuary: give

the quantity of a small nutmeg three times a day, drinking a little white-wine or penyroyal-water after it.

For the same.

TAKE the juice of briony-roots, two quarts; the leaves of rue; mugwort, of each two pounds; safin, three handfuls; feverfew, calamint, penyroyal, of each two handfuls; basil, dittany of Crete, of each one handful and a half; orange-peels, four ounces; myrrh, two ounces; castor, one ounce; spirit of wine, one gallon: let it stand to infuse for some days; then distil it: give the patient from two drachms to two ounces, according to her strength, in any convenient draught.

A Powder to promote the Menses.

TAKE salt of steel and myrrh, of each eight grains; saffron and castor, of each five grains; oil of safin, one drop: make them into a powder for one dose: take it once or twice a day in a little penyroyal-water.

An Electuary for the same.

TAKE conserve of Roman wormwood, one pound; candied ginger, two ounces; powder of steel, half a pound; syrup of steel, enough to make an electuary. It is proper for the green-sickness, and all menstrual obstructions; as also in all decays that are occasioned by sharp distempers, or the severity of cure in some chronick cases; it warms the blood, and strengthens the juices: it is to be taken, the quantity of a nutmeg, two or three times a day.

For the Fits of the Mother.

TAKE half an ounce of assa-fetida; tie it in a cloth, and seeth it in a pint

a pint of raw milk, till it comes to half a pint, which take when you go to bed: then seeth it again, and take the morning following; repeat it the third time, and wring the cloth in the milk.

A Powder to prevent Miscarriages.

TAKE of dragon's-blood, half a drachm; of red coral-powder, one drachm; ambergris, and East-Indian bezoar, of each six grains: make all these into a very fine powder, mingle them together, keep them in a close box, and, when you need, take fifteen grains, and rest quiet after it. Take it fasting in some mace-ale, or broth; and this do as often as you have cause.

To prevent Miscarrying.

TAKE chamomile-flowers, marigold-flowers, red rose-leaves, of each half an ounce dry'd and powder'd, one large nutmeg; as much cloves and cinamon: beat all together to powder; mix them with the flowers; quilt them in a scarlet bag, and wear them upon the navel: when they decay, renew them, and let the bag be worn from the first being with child.

Another, very excellent.

A Whole nutmeg burnt in the candle, and grated into half a pint of the best claret you can get: drink it off.

To revive a new-born Child, in a Swoon.

TAKE garlick, a little quantity, and put it into each nostril, so that after the fit you may pull it out again; and between the lips put a little, as also to the soles of the feet.

A good Medicine to cause a Woman to be delivered of a dead Child.

BOIL one ounce of green broom in clarified drink; when it tastes

strong of it, take out the broom, put in two yolks of eggs, and sweeten it with sugar, as you do caudle; then take the powder of two date-stones, and stir it well in; draught it off, and give the woman to drink: you will find it work in her within less than an hour in great extremity: in the like case it is good in Malaga, and boil it in balm, lavender, chamomile, and sweet marjoram; put it into two linen bags, and apply them hot one after another to her belly: if the child then remain, which should come, give her a little quantity of mithridate, and unicorn's horn, with a draught of white-wine.

The Hysterick Cordial for Lying-in.

TAKE waters of black cherries, mugwort, balm, of each three ounces; hysteric-water, and treacle-water, of each six drachms; the best white sugar, three drachms; saffron and castor ty'd up in a little sarsenet bag to hang in the glass, of each a scruple: mix 'em.

Dr. Chamberlain's Receipt for a Woman, to be taken a Month before her Time, in a Morning; and at Night when going to Bed.

TAKE of the roots of parsley, fenel, marshmallows, and succory, of each two ounces; and twelve figs: slice the figs and roots; a quarter of a pound of raisins of the sun stoned; boil all these together in three pints of spring-water, till one pint be wasted; when cold, put it into one pint of Rhenish wine; then bottle it, and drink a quarter of a pint, with two spoonfuls of oil of sweet almonds in it, in the morning, fasting two hours after it, and the same quantity at night.

For Obstructions.

TAKE two ounces of celandine, to which put three pints of spring-water;

water; boil it till it comes to a quart, close cover'd all the while; let it stand till almost cold; then strain it off; wring the herbs as hard as you can: put to it half a drachm of English saffron, and a quarter of a pound of honey. Take a quarter of a pint in the morning fasting, and at four in the afternoon, walking or riding gently after it.

For Flooding.

BLUE linen dipt in verjuice or vinegar, apply'd, will safely stop it, and also bleeding at the nose: it must be renew'd as it dries.

Pills for the Green-sickness.

TAKE of chamepitys, long birthwort-root, savine, chamomile-flowers, prepar'd steel, each half an ounce; let them be all beaten into a fine powder, and with gum Arabick dissolv'd to the thickness of a syrup; beat them into a mass, of which make twelve pills of each drachm to be roll'd in powder of crabs-eyes, three for a dose, to be taken morning and evening. 'Tis advisable to take warm white-wine after them, and a vomit once a week for a month, and to be let blood in the foot in five weeks, if there be occasion.

For the Green-sickness.

TAKE one ounce of sena; three drachms of jalap; rhubarb, coriander-seeds, aniseed, worm-seed, red coral, burnt hartshorn, orange-peel, of each one drachm; cream of tartar, filings of steel, of each a quarter of an ounce; sage-leaves, half an ounce: let these be put into a pint and an half of small-beer or ale, and stand all night; in the morning strain out about a quarter of a pint to give to a girl about nine years old, and more to one older. Give it three mornings together; then rest one or two, and give it again occasionally; but it

generally cures after the three first mornings. You must put, after the second morning, about half a pint of drink more to it.

Said to be infallible for the Green-sickness.

GOosberry-leaves bruise'd and steeped in white-wine: drink a glass every day before dinner.

For the Green-sickness.

TAKE of ground-pine, an ounce; troches of myrrh, half an ounce; root of long birthwort, an ounce; steel prepar'd, choice myrrh, root of sow-bread, of each half an ounce; syrup of nitre, enough to make them into pills, twelve out of a drachm; take four every night and morning; and one a week take some gently-purging pills.

A consolidating Mixture, for weak childing Women.

TAKE sherry-wine, half a pint; strong cinamon-water, four ounces; rose-water, white sugar-candy, each two ounces; juice of kermes strain'd, one ounce; species call'd lætificans Galeni, two drachms; leaves of gold, four; oil of nutmeg, four drops: mix.

This medicine, says Dr. Fuller, I fish'd out of a very worthy gentleman, in whose family it had been kept as a sacred depositum, and great secret, and was religiously deliver'd down, from mother to daughter, in a constant succession of several generations.

It helps concoction, corrects crudities, dissipates flatus, cherishes native heat, specifically recreates women with child, when drooping and languid; comforts the weak, feeble foetus, prevents miscarriages from dejection of spirit, and cold flaccidity of the womb, and supplies desir'd strength, vigour, and ability, for the happy performance of the great work of child-birth.

It

It is proper for such only as are cold, weak, and languishing. I should by no means, adds he, advise it to any of a strong or hot constitution, nor to those that are plethorick, or apt to flooding. Let two ounces be allowed night and morning, whensoever failure of spirits makes it needful, and more especially in the last month, even till delivery.

Miscarriages.

WOMEN of weak nerves are very subject to miscarriages; their danger is increased by high living, and indiscreet bleeding. They ought to drink Bristol-water, and red-wine, and live upon a low and light diet, to take the air frequently, and to use astringent plaisters, and other proper medicines to strengthen their bowels. The cold bath has been known to be very efficacious to strengthen and brace the parts of such tender persons as are subject to frequent miscarriages; as it is in almost all nervous cases.

To hinder a Flux of Blood, and prevent a Miscarriage.

TAKE astringent crocus of steel, half a scruple; spikenard, species of hyacinth, each five grains; bring all into a fine powder.

Let it be given night and morning with a glass of red Lisbon wine; or oftener, if there be an actual flux.

To prevent Abortion, and comfort the Fœtus.

TAKE conserve of red roses, marmalade of quinces, candy'd nutmeg, juices of kermes strain'd, syrup of quinces, syrup of coral, each half an ounce; species of hyacinth, three drachms; aromaticum rosatum, astringent crocus of Mars, each two drachms; sugar of lead, one drachm; oil of nutmeg, four drops: mix. Half an ounce to be given twice a day.

For the Wind-colick, Womens After-pains, Vertigo, &c.

TAKE white-wine, four ounces; waters of chamomile-flowers and rue, each three ounces; compound peony-water, one ounce and half; white sugar, six drachms; oil of juniper, twenty-four drops: mix. The dose is three or four doses, shaking the glass well.

A Mixture for Womens After-pains.

TAKE crabs claws, red coral, both prepar'd, of each two drachms; pearl prepared, one drachm; London laudanum, three grains; alkermes, six drachms; citron-water, bawm-water, mint-water, of each three ounces; mix: take one spoonful every quarter or half an hour, till the pains are abated.

A Golden Mixture for Women with Child.

TAKE juice of kermes strain'd, half an ounce; syrup of gillyflowers and raspberries, each two ounces; oil of nutmeg, two drops; oil of cloves, one drop; leaves of gold, five: mix.

This medicine (truly golden, says Dr. Fuller, more from its virtue than substance) does so singularly refresh the mother and child, and gives to both such vigour and vitality, that if a spoonful be taken twice a day, for a month before lying-in, it will produce an happy delivery, and a lively child.

Pills to promote Labour-pains, expel the After-birth, and increase the Cleansings.

TAKE powder'd savine, dittany of Crete, each one drachm; myrrh, galbanum, gum ammoniack, castor, each two drachms: make all into a mass with syrup of mugwort. Always remember this necessary rule, Never to give any forciers, where the child lieth not right for a birth. The dose is one scruple, or half a drachm. A

A Julep for Child-bed Women.

TAKE water of balm and black-cherries, each three ounces; of barley, cinamon, and Dr. Stephens's waters, and syrup of meconium, each two ounces; liquid laudanum, forty drops: mix.

It is, says Dr. Fuller, a blessed and well-experimented remedy for child-bed after-pains; and none here need fear stopping the lochia, says the doctor; who gives it upon his own experience. The dose is four ounces, to be repeated occasionally.

Ointment to drive back Milk.

TAKE powder'd alum, half an ounce; butter, two ounces; wax, two drachms; mix.

For Wrinkles in the Belly after Child-birth.

TAKE jessamy-butter, orange-flower ointment, of each an ounce and a half; oil of sweet almonds, six drachms; sperma-ceti, two drachms; mix.

For Womens Ails, when growing old.

TAKE flowers of sal ammoniack with steel, gum guaiacum, of each half a drachm; syrup of peony, a sufficient quantity to make into twelve pills; to be taken four at a time every night going to rest, drinking after them three spoonfuls of the following julep:

‘ Take black-cherry and milk-water, of each three ounces;
‘ penyroyal-water, two ounces;
‘ tincture of saffron prepared with wine, an ounce; loaf-sugar, half an ounce; mix for a julep.’

‘ Take tops of Roman worm-wood, three drachms; roots of zedoary, and galengal, of each two drachms; the lesser cardamum-seeds, a drachm and a half; cochineal, a drachm; the yellow part of orange-peel, two drachms: infuse these ingredients for the

‘ space of twelve hours in a pint of milk-water, and five ounces of the steel-wine; strain it off, and add peony-water, and compound wormwood water, of each an ounce and a half.’

This infusion is to be taken, four spoonfuls, two hours before dinner, and at five o'clock in the afternoon, drinking after a glass of spaw-water.

The following are deemed excellent Remedies, properly applied, for Distempers incident to Virgins.

ALOES, myrrh, briony, colocynthis, gum ammon. bdellium, sagapenum, juice of all-heal, fenel-giant, assa-fœtida, elixir proprietatis, birthwort, mugwort, motherwort, chamomile, juniper, sweet-marjoram, herb-mastich, thyme, severfew, penyroyal, rue, savine, sage, alder, mother-of-thyme, tanfy, wild cypress-tree.

Plaisters of cumin, melilot, fenel-giant, bay-berries, the ladaniferous shrub, apply'd to the hollow of the feet, navel and groin.

A *fomentation* of Venice soap, and *decoction* of herbs.

Vinegar and saffron.

Liniments of unguentum martiatum, nervicum, elecampane or mercury, wild olive, sow-bread.

Dropping *oils* of juniper-berries, hyssop, mace, sweet marjoram, Candy wild marjoram, rosemary, savine, spikenard, tanfy, amber.

Infus'd *oils* of dill, chamomile, wild penyroyal, rue, beaver's-stones, saffron, fleur-de-lys, earth-worms.

We shall conclude this article of feminine disorders, with a few words relating to

The GREEN-SICKNESS.

The green-sickness is a very troublesome disorder incident to virgins, and arises principally from obstru-

obstructions, and particularly most frequently the stoppage of the menses, several receipts for which, we have inserted in this article; and therefore shall only further observe here, that the symptoms of this disease are, a due age of the patient, without the natural evacuations; a fulness, sometimes pains about the loins; a laziness, or inactivity, which is both the cause and symptom of the disease; a quick pulse, often emulating that of a hectic fever, palpitation of the heart, difficulty of breathing upon the least motion, a livid circle about the eyes, dizziness of the head, sometimes an appetite to odd things, as chalk, tobacco-pipes, proceeding from an acidity in the stomach, a paleness of the face and skin, unnatural hæmorrhages from the mouth, nose, and other parts; hysterical symptoms.

Young persons, under a womanly age, are often troubled with some of the same symptoms, but not from that cause; and women ob-

structed have not always the fore-mentioned symptoms; in those the signs of gravidity and obstructions are hard to be distinguish'd in the beginning.

This disease is the parent of many other dangerous diseases, and after six months hardly to be cur'd.

What is to be consider'd in this case is, chiefly, if there be a sufficient fulness or deficiency of blood, different methods are to be taken in those two cases; bleeding, which may relieve in the first case, will do hurt in the second; exercise, frictions, bathings, clysters, fumigations often repeated, are very beneficial. After relaxing, such substances as strengthen the solid parts in general, are beneficial. It is by this quality that steel operates so strongly in this distemper.

See Fevers, Colicks, Fluxes, Hysterick Affections, under Hypochondriack Disorders, &c.

See Milk.

F E V E R.

THE almost infinite variety of causes of this distemper, so diversify its appearances, and indicate so many ways of cure, that we must not pass over this head too lightly, or too undistinguishingly. And as it is a distemper of the utmost consequence, and such as ought to be critically attended to, we shall trace it as briefly as possible from its beginning, whether it proceeds from cold, (as is generally the case) or from heat, and incautious drinking to quench the thirst occasion'd thereby; whereby dangerous inflammations, &c. proceed. And, above all, shall be careful to give no direction, but what is the result of

experienc'd practice in so hazardous a case, that so such as have not an opportunity to consult a skilful physician, may not be led into mistakes, where the consequence may be so fatal.

As soon as a fever is introduced by a cold, a general weakness attacks the patient; he feels chilly, perhaps shivers and trembles; his pulse grows quick; he breathes short; he is sick, giddy, vomits, grows thirsty; his tongue becomes white; his head throbs, and is painful; he loses his appetite, grows hot and sweats; his water is high-colour'd, he becomes costive, or too loose; and, if not taken in time,

falls

falls into convulsions, ravings, and dies. It is therefore highly incumbent to try to nip so dangerous a malady in the bud.

In order to this, when the fever is begun, let the patient be kept warm in his chamber, and let what discharge he makes, be constantly attended to: and if the fever be high, and inflammatory symptoms appear, such as pains in the head, heat and thirst, difficult breathing, and the like, let ten or twelve ounces of blood be taken away; which, if the symptoms continue with violence, may be repeated as soon as the spirits will bear it. And if costive, a clyster may precede bleeding; if not, it may be given after; and so bleeding and clystering may be used by turns, as the symptoms require; and let him drink plentifully, either barley-water with syrup of limons in it, or common almond-milk, which will hold good four or six hours in summer, and eight or ten in winter; and let him feed no higher than on water-gruel or panada; and by this management, if the fever be not fixed, in three or four days it may be very probably conquer'd. The best clyster in such a case, is syrup of violets and whey, with a drachm or two of salt-petre in it.

Thus much for a *beginning fever*: But if the malady be actually form'd, and the fever has taken stronger hold, let the following method be taken; *viz.*

‘ Take coral and crabs-eyes, of each two scruples; salt-petre purify'd, one scruple; cream of tartar, half a drachm: mix, and make a powder, to be divided into four parts; one of which take in a spoonful of the following julep; drinking after it four spoonfuls more:

‘ Take black-cherry-water, three ounces; bawm-water, three ounces; cinamon-water, two ounces; pearl prepared, one drachm; syrup of limons, as much as suffices: mix, and make a julep. And when the patient is sick at stomach, or faint, let him also take five or six spoonfuls of the same.’

Proceed thus till the heat abates, and the water settles; then drink sack-whey plentifully, and sweats will generally follow: but if they don't, in two or three days, and the fever seems at a stand, let the following lenient potion be given in the morning early:

‘ Take rhubarb, two scruples; sena of Alexandria, one drachm; salt of wormwood, five grains: infuse these in water over the embers all night; strain it in the morning; and to three ounces of it put syrup of peach-flowers, one ounce; aqua mirabilis, three drachms: mix, and make a potion.’

If this operates thrice, gently, give it every other day; if it works more, give it after two days, and at bed-time: after each dose, give this quieting draught to appease any commotion that may be raised in the blood by it:

‘ Take black-cherry water, two ounces; compound peony-water, two drachms; syrup of white-poppies, half an ounce; Gascoign's powder, one scruple: mix.’

As nothing wastes the spirits like a fever, nor any thing recruits them more than gentle aromatics, let the following remedies be given on the days the lenient potion above prescribed, is omitted; *viz.*

‘ Take Gascoign's powder, twenty-five grains; contrayerva stone powder'd, half a drachm; Goa stone

stone in powder, fifteen grains;
 confection of alkermes, one
 drachm and a half; syrup of clove-
 gilly-flowers, as much as will
 make it into a soft bolus: divide
 into four equal parts, and give
 one every four hours, if awake,
 but not otherwise; and drink af-
 ter it six or eight spoonfuls of the
 following julep:

Take mint-water, four ounces;
 bawm-water, two ounces; black-
 cherry water, three ounces; Dr.
 Stephens's water, an ounce and a
 half; powder of pearl, a drachm
 and a half; syrup of balsam, as
 much as will sweeten it.

Any person managing according
 to what we have laid down, will
 be as little liable to symptoms as
 may be; but as it is hardly possible
 to be void of some, we will in-
 stance a few cases, which may be
 reliev'd by bleedings.

1. If the pain in the head be
 troublesome, and disturbs rest, and
 the pulse be strong enough to sup-
 port it, take away blood at proper
 distances till moderated, and pro-
 ceed as we have directed in taking
 off the fever radically.

2. If an inflammation of the
 lungs, or a pleurisy, accompanies
 the fever, then the pleurisy must
 be treated as under the head of
Pleurisy; but not to draw off so
 much blood as if it were a pleurisy
 only, lest too few spirits be left to
 support the fever. And be sure to
 be very careful in judging whether
 the fever proceeds from the pleurisy,
 or the pleurisy from the fever, on
 this account.

3. If a violent burning attends
 the fever, bleeding must be used till
 the scorching is abated, and toast
 and water, and other such cooling
 small drinks must be only admini-
 ster'd, till that effect is obtained;

and then proceed as above directed.

4. If the vessels break, and blood
 issues from the nose, as they often
 do in high fevers, (and which being
 a critical discharge ought not to be
 soon stopt) and if danger is appre-
 hended, bleeding unloads the vessels,
 and brings them nearer together,
 whereby they may join again; and
 emulsions are also proper to be
 added, in which gum Arabick is
 boiled, for common drink, and to
 thrust up a tent into the bleeding
 nostril, made up with a little colco-
 thar of vitriol, and the white of an
 egg beaten to water; and then to
 proceed as above directed.

5. If the patient be lethargick or
 sleepy, under a strong pulse, in the
 beginning of the fever, bleeding is
 absolutely requisite.

6. Nor is it less so in watchings,
 and want of rest; for in the former
 it dissolves the coagulation of the
 blood, which causes drowsiness;
 and in the latter dilutes the salts
 that prick and prevent rest.

7. Ravings at the beginning, in
 some constitutions, are not so dan-
 gerous as terrifying, and must be
 abated by bleeding plentifully; by
 taking quieting draughts at bed-
 time; by poor and low diet; and
 by swallowing large quantities of
 small and cooling liquors.

8. Convulsions themselves, where
 the pulse is strong, may be reme-
 dy'd in the beginning with bleed-
 ing, diluters, and quieting draughts.

When a fever seizes on a low-
 spirited person, the case is very bad,
 because, as an eminent physician ob-
 serves, a burden is to be carry'd
 by a disabled porter, who is likely
 to sink under it; and if, moreover,
 such an one happens to be full of
 humours, it makes the case still
 worse, and it were best for such an
 one to apply to proper and learned

assist-

assistance: but if there be no opportunity for that, let what follows be observed.

If the patient, at falling ill, complains of a load at his stomach, (for the load of humours to which he was before subject will certainly be increased by the stoppage of perspiration, and stagnation will be endangered) let him take a vomit, as follows:

‘ Take half a drachm of ipecacuan-root powder’d; oxymel of squills, as much as suffices: make a bolus, to be taken at five in the afternoon, drinking after it plenty of carduus tea.’

Or if the bowels seem to be distended with wind, as will appear by the roaring of the guts, colick pains, and a blowing up of the belly, then omit the vomit, and take the following potion, early in the morning:

‘ Take fennel-leaves cleans’d, and pick’d from the stalks, one scruple; the best rhubarb powder’d, twenty-five grains; cream of tartar, fifteen grains: infuse them all night in four ounces of boiling water; strain them out in the morning, and put of syrup of peach-flowers, and cinamon-water, each one ounce.’

Bleeding is hardly allowable in this dispirited condition, unless the plenitude be very great; but the spirits should be encouraged by cordials of all kinds; particularly,

‘ Take powder of crabs-eyes, half a drachm; Gascoign’s powder, a drachm; conserve of rosemary-flowers, a drachm; syrup of clove-gilly-flowers, as much as suffices: make up these into a mass of a soft consistence, divide it into four bolus’s of equal bigness; take one every four or five

hours, drinking after it six spoonfuls of the following julep:’

‘ Take black-cherry water and alexiterial milk-water, of each four ounces; mint-water, and bawm-water, of each two ounces; compound peony, and Dr. Stephens’s water, of each an ounce and half; sal volatile oleosum, a drachm; pearl-powder prepar’d, a drachm and half; double-refin’d sugar, as much as will sweeten it.’

And take fifteen or twenty drops, in wine and water twice a day, or when faintish, of the following mixture; viz.

‘ Of spirit of lavender, two drachms and a half; of hartshorn, a drachm and a half; tincture of saffron, one drachm: mix.’

All this is daily done by our greatest physicians in practice, with little variation, and great success.

But whenever the symptoms in this kind are violent, blisters are very successful, and do wonders: so if a head-ach with sleepiness attacks, apply a blister somewhere; in low-spirited cases, the legs are by some thought the properest to begin with, as there they will force on the almost stagnated blood, and give those tremblings to the vessels which they ought to have.

In malignant pleurifies, and pleuritick fevers, some are for applying them to the seat of the disorder, the breast, if the pain seems fix’d there.

In a lethargy or drowsiness, blisters serve to divert the humours flowing into the head, into another channel, and contribute to disperse those already settled there by the universal elasticity they give to the membranes and fibres. By this the vigour of the circulation is renew’d, nothing peccant will have leisure to settle, and what is already deposited

fired will be sent into its ordinary course; and in the mean time, the remedies above directed are not to be omitted; and at last the urine will subside, and throw out part of its peccancy, and sweats will effect a sudden change for the better.

But let it be remember'd, that in this dispirited state, the liquors and diet ought to have somewhat of wine in them, for the repair of the wasted spirits.

Fevers likewise frequently proceed from over-heating the body by violent exercise; by drinking, while hot, too cooling and small liquors, which, tho' grateful at present, thicken the blood suddenly, and often turn to dangerous inflammations, &c. so that a dram is much more safe and eligible in this case, however to be avoided generally, than limonade, small-beer, milk, &c. which, drank incautiously while hot and thirsty, have often been fatal.

In inflammatory cases from this cause, an excellent physician gives us the following rules:

As soon as a person is seiz'd with any violent pain in the stomach or belly, that is accompany'd with great heat and feverishness, thirst, and a soreness upon touching, let him immediately lose ten, twelve or fourteen ounces of blood, and repeat bleeding at a convenient distance, as often as the pain and fever require; and take inwardly cooling liquors, especially emulsions made of almonds at pleasure, and the following prescription; viz.

' Take of milk-water, three ounces; peony-water, two drachms; syrup of violets, three drachms; salt-petre purify'd, one scruple: mix, and make a potion to be taken once in four hours.'

If there be occasion to proceed

farther, the following prescription will be of great use, always supposing that the bleedings have been performed in time:

' Take crabs-eyes, one drachm; spirit of vitriol, twenty drops; conserve of mallow-flowers, one drachm; syrup of limons, as much as will make these into a mass: divide it into three bolus's, one of which take every fourth hour, drinking after it six spoonfuls of the following mixture; viz.

' Take black-cherry water, and milk-water, of each four ounces; of Dr. Stephens's, half an ounce; of distill'd vinegar, one drachm; of sperma-ceti dissolv'd in the yolk of an egg, half a drachm; solid laudanum, two grains; syrup of balsam, one ounce: mix.'

By these remedies (timous bleedings being premis'd) the blood's velocity will be retained, its acrimony, which frets the part inflam'd, will be abated, the stagnation prevented or taken away, and the inflammation cur'd.

Thus much for the skilful *general* treatment of a fever, whether proceeding from cold, or violent heats.

The subsequent directions are the result of *practice* and *experience*, in all the *particular stages* of this dangerous distemper; which we may enumerate as follows: viz. 1. The cold Fit. 2. Anxieties. 3. Thirst. 4. Sicknefs, Vomiting. 5. Wind and Spasms. 6. Weakness. 7. Heat. 8. Delirium. 9. Coma, or Sleepiness. 10. Watchfulness. 11. Convulsions. 12. Violent Sweats. 13. Diarrhoea. 14. Inflammatory Eruptions. Of all which in their order: And,

1. In

1. *In the Rigor or Cold Fit.*] A right regimen, during this rigor or cold fit in the beginning of a fever, is of great importance, and mistakes are of dangerous consequence: a long-continued coldness is a sign of a strong disease, and is in itself an approach towards death. Those who die of *quartan* fevers, die in the cold fit; and indeed there is no mischief but what may proceed from a rigor of long duration.

In such rigors, all warm cordials, and stimulating substances, are improper, and nothing is more proper than water in it, which dilutes and relaxes at the same time, and will sooner terminate the cold fit, and throw the patient into a sweat, than the warmest cordial; if a very small quantity of Rhenish wine be mix'd with the water, it will be still more effectual: in this case strong frictions of the extremities relieve.

2. *Anxieties.*] In anxieties which attend fevers, when the cold fit is over, a warmer regimen may be allow'd; and because anxieties often happen by spasms from wind, spices are useful. Soapy substances, (i. e. such as consist of oils and salts) which dissolve the blood, are also indicated; ripe fruits; some of the milky plants, such as lettuce, endive, &c. and especially honey.

3. *Thirst.*] In this case, liquors should not be drank quite cold; dulcify'd spirit of nitre, mix'd with water, is very proper in this case; so are barley-water and emulsions, except in great weakness and flatulencies of the stomach, in which case water mix'd with a small quantity of Rhenish wine is the best of all.

4. *Sickness, Vomiting.*] This is one of the most troublesome symptoms attending a fever, because it renders

the patient incapable of taking any thing. It is often prevented by giving a vomit, or cur'd by promoting the vomiting for a while by tepid water.

During the symptom, acid liquors, and even such as are austere and astringent, are indicated, because such strengthen the fibres of the stomach; and indeed nature directs patients to such a diet, for they covet subacid liquors, and abhor fat and oily things. Diluting, and sometimes relaxing the belly, and carrying the bilious salts downwards, often cures this symptom.

Attention is to be given to the appetites of patients, in this and many other cases, who have sometimes coveted odd things, which have reliev'd them, as salt, vinegar, &c.

Vomiting, from a bilious cause, is cur'd by subacid liquors; vomiting, from some putrid cause, by salts of all kinds; in such a case, water-gruel with cream of tartar, Rhenish wine and water, jelly of currans, marmalade of quinces, sorrel boil'd in broths well skimm'd from fat, are beneficial. If the vomiting comes from a phlegmatick cause, spices and bitter things will relieve. The counter-poison must be adapted to the cause; for example, in poison from sublimated corrosive, and arsenick: in the first, alkaline substances, in the second, oily substances are proper; in both, diluent. It is easy to judge of the cause by the substances which the patient throws up. Whether a vomit may be safely or properly given, must be judg'd by the circumstances; if there be any symptoms of an inflammation of the stomach, a vomit is extremely dangerous.

5. *Wind and Spasms.*] Whatever is anodyne, and quiets convulsions, and

and what abates the heat, relieves this symptom.

6. *Weakness*] Proceeds from too great fulness in the beginning, and too great emptiness in the latter end of the disease. Those two causes demand different methods, in the first emptying and diluting; in the latter, a more plentiful nourishment, the use of wine diluted with water, and spices in small quantities, jellies, broths, the alkaline quality of which may be corrected with some acid, unless there be signs of acidity, and in that case the diet ought to be contrary to the cause of the symptom; viper-broth is both anti-acid and nourishing. In weakness, from great loss of blood, wine, and all aliment that is easily turned into blood, is proper; blood is requir'd to make blood; and a small quantity of blood brings the patient into danger of a dropsy. Frictions of the extreme parts relieve weaknesses, as they promote the flux of the juices and spirits in the joints and limbs. Fat people are most subject to this symptom of weakness in fevers. In the latter end of fevers, such are weak by the laxity of the fibres, and the emptiness of the smaller vessels; such therefore must be treated with particular care, *viz.* after due evacuations, diluting strongly both by drink and clysters, avoiding all things oily, and using sugar, honey, and ripe fruits.

Cordials made of spirituous liquors are not the best remedies for this weakness; tho' they increase the force of the heart, and are necessary sometimes to keep up the vital functions, they rather coagulate the fluid. Whatever makes the circulation more free through the small vessels, is a cordial.

7. *Heat*] This is moderated by blood-letting, by muscular rest, by

dry cupping, bathing the lower parts, watry liquors for drink, not cold, but tepid; jelly of currans dissolved in tepid watry liquors; decoctions of mealy substances acidulated, substances anodyne, substances which dissolve concretions, as sugar, honey, and the simple oxymel, plentiful diluting, and restoring as much water to the blood as is dissipated by the heat; all demulcent and relaxing substances, cooling the air in the room, opening the curtains, and removing too thick bed-cloaths. All stimulating and styptick substances are to be avoided, because they increase the force of the solid parts.

8. *Delirium*.] In a feverish delirium there is a small inflammation of the brain; therefore any thing which increases the circulation in the lower parts, and diminishes the pressure on the brain, is beneficial, as immersing the feet in warm water; nothing relieves the head more than the piles; therefore suppositories of honey, aloes and rock-salt, ought to be try'd, relaxing by emollient and watry substances, both in drink and clysters, especially barley-cream and barley-gruel.

9. *Coma, Sleepiness*.] Old men are subject to comas by the tenacity of the fluids circulating in the brain, which being resolved by the fever, obstruct the small canals of the brain. In young people it commonly proceeds from fulness, and is best cur'd by letting blood, and relaxing the belly. The sign of such a fulness is, a red countenance, and eyes inflamed; if it proceeds from a glutinous oil, it ought to be attempted to be resolved by water, nitrous salts, soapy medicines, and subacid liquors. People recovering from comas, must take at first soft nourishment, and in small quantities.

10. *Watchfulness.*] This symptom, which is sometimes call'd, a *coma vigil*, often precedes too great sleepiness, and is perhaps the most ill-boding symptom of a fever. The expedients in such a case, are, extreme care to keep the patient from noise, and what makes any strong impression upon his senses; some of those helps us'd in a delirium, because this is an approach towards it; a moist softening diet; all preparations of barley, emulsions of poppy-seeds, and almonds; aliment of some milky plants, especially lettuces, decoctions of scorzonera-roots, almond-cream, and what is called Winter flummery, us'd as aliment; tea, made of cowslip-flowers, relaxing gently the belly.

Boerhaave proposes some mechanical expedients, which may perhaps have a good effect; as, a soft noise of water distilling by drops into a basin, and the patient trying to reckon them. The air perfum'd with the smell of soporiferous plants, as poppies, mandrakes, nightshade, bean-flowers. Application of cloths dipp'd in vinegar to the temples. Opiates must never be given but after great evacuations.

11. *Convulsions.*] It is of the utmost importance to know the cause and the seat of this disease, which is often obscure. In infants it commonly proceeds from acidity in the stomach, and is cured by earthy absorbents. Convulsions which arise from great evacuations, as great hæmorrhages or bleedings attending fevers, are dangerous. Those arising from inflammations of the membranes of the brain are commonly fatal: the symptoms attending them are, a great heat, a hard pulse, and a delirium: the remedies, and even those from diet, are to be us'd according to the seat of the disease.

If from the stomach, such aliments as are contrary to the particular acrimony, acid, alkaline, or oily, residing there, as in the case of vomiting. If from something impacted in the brain, warm, volatile, and spicy substances will increase the disease; in that case, substances which relax and dilute, are proper, especially such as open the belly; and in general, the regimen prescrib'd in a coma, or delirium.

12. *Violent Sweats.*] Profuse sweats deprive the blood of its most fluid parts, thicken, and often cause obstructions: It is not good practice, says an eminent physician, to push sweating too much in fevers, except in such as are pestilential. In profuse sweats, care at least should be taken, by diluting, to restore the liquid which the blood loseth, and to use the methods advised in too great heat, by taking away some of the coverings of the bed, and admitting of cool air, and using a diet moderately astringent; wine, spices, and spirituous liquors, in this case, have often a good effect; spirituous liquors thicken the fluids; sage is a good remedy in the case of profuse sweats.

13. *A Diarrhœa, Looseness.*] Proves often a dangerous and fatal symptom in fevers; it weakens, excoriates, and inflames the bowels, occasions bloody-fluxes, thickens the circulating juices, and exhausts the strength of the patient; notwithstanding, a critical diarrhœa is not to be stopt, for fear of incurring these dangers.

Attention is to be given to the cause: if acidity, it is to be cur'd by anti-acids; but as, in fevers, the cause is more frequently alkaline and bilious, acid or sour things relieve; and it happens that oily substances, by blasting the acrimony

will do good in diarrhoeas. Oily substances of themselves do not irritate or provoke diarrhoeas, they only lubricate or make the bowels slippery. Diarrhoeas arising from quantities of fruit are often cur'd by emulsions and vomitings.

Anodyne substances are proper, and, generally speaking, solid and dry aliment, rather than liquid,

14. *Inflammatory Eruptions.*] In all these of any kind whatsoever, as small-pox, measles, scarlet-fever, purples, the intension in diet ought to be, to avoid strong sudorifics, which push out too great a quantity of the matter upon the skin; to use cooling and temperate diluents, which keep the matter fluid and moveable, so that it may be secern'd from the blood; to keep warm, during the eruption; and that the diet be cool; for which reason the moderate use of acids, as juice of limon, is indicated.

A due attention to the rules above-mentioned, in the several symptoms, (says the excellent physician from whom we extract the above) will prove very successful in the cure of most FEVERS.

The following directions are proper to be observed, 1. In an ephemera, or a fever of one day. 2. In burning fevers; And, 3. In intermitting fevers.

1. AN EPHEMERA

Is cur'd by abstinence, rest, and diluting; and the same method will prove effectual, if the fever lasts several days, and is not putrid, or attended with a greater inflammation and acrimony, and obstruction of the vessels in some parts of the body, amongst which is

2. A BURNING FEVER.

The causes of such a fever are various; errors in air, meat and drink, rest and motion. Such a fever will

be rais'd by vehement exercise or labour, heat of the sun, by long thirst, by the immoderate use of fermented and spirituous liquors; and hot things, as spices; and by great lassitude endured any way, especially in hot weather.

Its symptoms are, a burning heat in the skin, a sensation of extreme heat inwardly; sometimes coldness in the extreme parts; dryness of the skin, mouth, and nostrils; a dryness and roughness of the tongue; laborious and short breathing; great thirst; loathing, sickness of the stomach, and vomiting; anxiety, restlessness, weariness; sometimes a cough and hoarseness; watchfulness and delirium, and exacerbation every other day.

Such a fever is often resolv'd by a bleeding at the nose, which ought not to be stop'd, unless it endangers life. It is likewise often in the critical day resolv'd by sweating, vomiting, looseness, and spitting of thick phlegm. The fatal signs are, commonly, bloody urine, difficulty of swallowing, watry sweats about the head and face, without relief; coldness of the extremities, trembling, too great a looseness; and sometimes an inflammation of the lungs.

The regimen, in such a fever, is, keeping the air of the room pure and cool, untainted with fire, smoak, or the breaths of many people; they ought to have no more bed-cloaths than barely protect them from cold; their curtains ought to be kept open, so as to renew the air; and their posture in lying, as erect as they can bear; the sick, in this condition, covet all these things, and their contraries offend them.

Their drink ought to be cool, mild, subacid, tepid, given in moderate quantities, and often; as wa-

ter with juice of limon or tamarinds.

Their aliment ought to be light, as water-gruel, preparations of barley, with some juice of limon; rice boiled in whey, and strained. Roasted apples in the progress of the disease; a little toasted bread with Rhenish wine and water, jelly of currans; broths and jellies made of animal substances are rather too alkalescent, at least they ought to be qualified with juices of limon, or some acid.

Sometimes such alimentary substances as gently stimulate the belly, are useful, as some ripe fruits, strawberries, currans, mulberries.

The symptoms increase by the use of hot things given either as aliment or medicine.

3. INTERMITTING FEVERS.

They are very obstinate, often return in spite of all remedies, and by long continuance degenerate into hepatic fevers, and many chronic distempers, as jaundice, dropsy, scirrhus's, and scurvies; therefore in this disease a right method, both of medicines and diet, is of great importance. There is a great variety in these diseases, as to the intervals of times between the paroxysms; tertians sometimes redouble their paroxysms, so as to appear like quotidians. It may be taken as a general rule, that the greater distance of time there is between the fits, the fever is less dangerous, but more obstinate.

There is a different regimen to be used during the continuance and absence of the paroxysm; and in the fit itself, during the rigor or cold fit, the heat and the sweat.

During the rigor, the regimen prescribed in the article of feverish rigors, p. 128, is proper in all fevers,

and care is to be taken by all due methods to shorten that period as much as possible, and by tepid diluents to bring on the sweat soon, but not to push it beyond its due measure, because an intermitting fever relaxeth and weakens the body extremely.

Between the fits, too great abstinence is hurtful, as much as too great repletion; as intermitting fevers are often of long continuance, extreme abstinence is impracticable, and would reduce the patient to a condition not to be able to sustain the shock of the next attack.

Between the paroxysms, such substances as temper, correct, and subdue the bilious alkali, as small thin wines with water, chicken broth with juice of limons, wine with bitters infused, are proper; cichory and dandelion are useful, because the expressed juices of them cure intermitting fevers in warm countries; the physicians of these countries likewise use astringent vegetables.

Exercise, to as great a degree as the patient can bear, is extremely beneficial between the paroxysms.

But the chief remedy of all is to endeavour to prevent the cold fit, by getting to bed, by frictions, and some sudorifick and warm liquor; for by putting off the cold fit some agues have been cured.

Letting of blood seldom does good, and often a great deal of hurt in intermitting fevers; but the condition of the patient is to be considered in this case.

Intermitting fevers have been observed to free from some chronical distempers, as the gout and convulsions, but they often induce great ones themselves.

Fevers are such frequent and dangerous attendants on human nature, that

that though we have been very copious and particular already in this article, yet we shall add the following recipes, which may suit other cases and constitutions than those we have mentioned, as they are all of them recommended by the best authorities, as well as by experience.

A very good Drink in continual Fevers.

MAKE a decoction of the leaves of rue in fair water, till the liquor taste pretty strong of the plant: this, being strained, is to be made somewhat palatable with liquorice, or a little sugar, or aromatick substance: to half a pint of this add about ten drops of spirit (not oil) of vitriol. Let the patient use this for his ordinary drink.

A pleasant Julep in Burning Fevers.

TAKE Rhenish wine, half a pint; damask-rose-water, four ounces; fresh juice of Seville oranges, one ounce and half; syrup of violets, one ounce and half; mix: take four spoonfuls often.

An excellent Decoction in Fevers.

TAKE spring-water, twenty-six ounces: make it boil, and then put it into juice of limons, and fine sugar, each two ounces; cochineal, one scruple: let it continue boiling a very little, so as that the scum may be taken off; then set it by to depurate, by way of settling; pour off the clear, and add damask-rose-water, four ounces.

This is a most desirable drink in fevers; for it restrains the heat and fervour of the stomach and blood, quenches thirst, moves urine. It may be drank at pleasure, without limitation.

The bitter Febrifuge Decoction.

TAKE chamomile-flowers dried, two ounces; cochineal, sixteen grains; boil in water three pints to one quart: in the strained dissolve salt of wormwood, two drachms: mix.

Sometimes the doctors add treacle-water, two ounces; oil of juniper, sixteen drops; spirit of sal armoniack, eighty drops: and when expedient, put twenty drops of liquid laudanum into the night dose.

It is justly esteemed a specifick in intermitting fevers, and a remedy inferior to none, but the Peruvian bark; nay, sometimes it hath succeeded, when that hath failed. I use to order four ounces of it, says Dr. Fuller, every three hours, between fits.

An excellent Alexipharmack Decoction for malignant Fevers, &c.

TAKE Virginia snake-root powdered, six drachms: boil it in water, one pint to half a pint; strain and reserve the liquor by itself: boil the remaining root in a pint more of water to half a pint as before, adding, when it is near boiled enough, cochineal, half a scruple; strain it: and having mixed together both the liquors, dissolve it in Venice-treacle, half an ounce; honey, one ounce; and then strain it once more for use.

This, says Dr. Fuller, is a most desirable Alexipharmack, second to none. Its use is very great in the worst fevers, where the blood and spirits want encouragement: it is a most noble stomachick, hysteric, and good against worms. Its dose is two or three spoonfuls every hour, or seldomer, as the state of the fever requires.

An Infusion good in Fevers, Dysenteries, &c.

TAKE conserve of red roses, four ounces; oil of sulphur, forty-eight drops (or as much as suffices to bring it to a fit acidity); spring-water, one quart; macerate warm all night; in the morning run it, till clear, through a flanel bag.

'Tis a pretty pleasant julep, useful in burning and malignant fevers, in bleedings at the nose, spitting and vomiting of blood, flux of the terms, bilious diarrhoea, dysentery, vitiated appetite, and danger of abortion.

A wine-glass of it may be taken twice or thrice a day.

An excellent Julep in bad Fevers.

TAKE waters of damask-roses, six ounces; of orange-flowers, peony compound, each one ounce; of barley-cinamon, two ounces; coelestis, half an ounce; musk, ambergris, (both ground with salt of hartshorn, one grain) each two grains; saffron, (clipped small, and tied up in a muslin rag) one scruple; confection of alkermes, two drachms; oil of cloves, one drop; syrup of gillyflowers, one ounce and a half: mix.

This, the learned prescriber says, is a temperate, but a most noble cordial; and he never knew a better medicine in fevers of a suspicious ill kind, which sending deleterious vapours into the ventricle, excite a singultus or hiccough; which, deadly as that symptom generally is, it hath sometimes overcome. One spoonful may be given every half hour; so shall the weak stomach not be over-charged with quantity, and be continually refreshed with the medicine.

A constant Drink for costive and parching Fevers.

TAKE tamarinds, two ounces; raisins stoned, four ounces: boil in fair water three pints to one quart, which strain.

A sudorifick Bolus in malignant Fevers.

TAKE powdered Virginia snake-root, fifteen grains; Venice-treacle, half a drachm; salt of hartshorn, two grains; saffron, three grains; oil of nutmegs, two drops; liquid laudanum, fifteen drops; diacodium, as much as wanting to make it up with. It is an excellent and powerful sudorifick, says the prescriber, and we have few comparable to it. 'Tis one of the highest alexipharmacks, and a great medicine in malignant fevers, especially when attended with a diarrhoea. Besides all this, it is also stomachick, cardiack, and hysteric.

A Cordial Bolus in continued Fevers.

TAKE powder of crabs-claws, compound, Goa-stone, each half a scruple; powdered saffron, five grains: make it up with confection alkermes. It forces sweat, and at the same time gives strength to bear it; for it recreates the languishing spirits, and is a fine cordial. 'Tis to be taken from every twelve to every two hours, till it be found, that nature rises; and when that point is once gained, it must be left off again by degrees, according as the case requires. For in such a fever, 'tis necessary that a physician give constant attendance, to make due observation, and suit his advice to the emergence.

An admirable Mixture for continual Fevers.

TAKE red coral finely levigated, two drachms; salt of worm-wood,

wood, four scruples; juice of limons fresh drawn, four ounces; strong cinamon-water, two ounces: mix in an open glass, and let them stand uncorked, lest their fermentation break the bottle.

It wonderfully, and almost miraculously, says an eminent physician, repelleth subversions of the stomach, and motions to vomit; and more good hath been done with this medicine alone, in this respect, than with any other.

Let two spoonfuls be given every hour, or a spoonful every half hour, till the symptom be overcome, the glass being first well shaken.

An acid Julep in burning Fevers.

TAKE pure spring-water, (boiled half away) twenty-eight ounces; syrup of violets, three ounces; syrup of gillyflowers, (or raspberries) one ounce; spirit of vitriol, as much as serves to make it pleasantly tart: mix. Spring-water, when its crudity is boiled off, my learned friend prefers to barley-water, which is full of heavy slime, and ungrateful to the palate and stomach of weak people. This elegant and delicately pleasant julep may be given cold in burning fevers, to three or four ounces four times a day.

A convenient Vehicle for taking the Bark, &c. in Fevers.

TAKE pure fountain-water, one quart; fine sugar, three pounds; boil (and scum it well) into a syrup.

Febrifuge Pills.

TAKE powdered chamomile-flowers, two drachms and a half; diaphoretick antimony, one drachm; salt of wormwood, half a drachm; with mucilage of gum tragacanth, make up pills for twelve doses.

I have known these, more than once, (tho' not always, I confess) put off an intermitting fever, (without a relapse) when I had before attempted it in vain, with the bark. Let them be taken every three hours in the absence of the paroxysm.

A Plaster for the Feet, in Fevers.

TAKE cephalick plaster, three drachms; hard pitch, two drachms; powdered euphorbium, two scruples; camphire and oil of amber, each one scruple: mix.

It is useful and necessary in such fevers as are accompanied with head-ach, doziness, watchings, phrensy, &c. for as much as the estuating blood is then circulated unequally, and more impetuously thrown up into the head than the lower parts.

A pacifick Emulsion.

TAKE white poppy-seed, two drachms; six sweet almonds blanch'd; red poppy-water, three ounces and a half: make an emulsion; to which add mint-water, one drachm; diacodium, three drachms; for a single dose.

It soothes up and composes to quiet the mad raging spirits, and persuadeth sleep: it is more temperate than laudanum, and lieth not so heavy on the stomach as diacodium.

Wafers of Tamarinds, in Fevers.

TAKE tamarinds, one ounce; mash them in a mortar with thin mucilage of gum tragacanth; pass them through a pulping sieve; dissolve also Spanish juice of liquorice in the same sort of mucilage, two drachms: mix, and make troches as thin as wafers to seal letters; which dry in an oven according to art.

These are very pretty, desirable and useful things to hold in the mouth, to alleviate thirst, and take away an ill taste in fevers.

Tincture of Roses, good for a Fever.

TAKE a quart of spring-water, which boil to a pint; then put in half an ounce of dried red roses, and give it a walm over the fire; afterwards take it off, and drop on your roses spirit of vitriol enough to make it acid; then strain it; this give as a common drink in a fever; and you may put spirit of nitre with roses into any cooling decoction for fevers.

An excellent Medicine good in a Spotted Fever, in the Small-pox, or the Bite of a mad Dog.

TAKE of sage and rue, each one ounce; pewter scraped very fine, a spoonful; garlick, three heads; ordinary treacle, half a pound; put all these into a quart of strong ale, which pour into a pipkin with a cover; paste it up very close, and let it stand on a gentle fire, till half be wasted. If the small-pox fall suddenly flat, and turn blue, give to a man five or six spoonfuls at a time; to a child, two or three spoonfuls; and if the person be in very great danger, give this once in two or three hours. The treacle mentioned is that which will run like syrup.

For Twitchings in Fevers.

TAKE black cherry-water, six ounces; compound peony-water, two ounces; syrup of coral, one ounce; mix these for a julep, of which take six spoonfuls at a time, three times a day.

For malignant Fevers, Agues, &c.

TAKE troches of vipers, one drachm; Virginia snake-root,

Contrayerva, each half a drachm; mix.

It is not only prevalent against malignant fevers, but also (being given before the fit) commonly drives agues. The dose is from one scruple to two scruples.

A Powder excellent in malignant Fevers.

TAKE Goa stone, Contrayerva-stone, Gascoign powder, Virginia snake-root, each five grains; make a powder. To be taken every six hours with four spoonfuls of the following julep:

Take milk-water, black-cherry-water, of each four ounces; volatile salt of hartshorn, half a drachm; balsamick syrup, one ounce; mix them for a julep.

It is a champion, says my good friend, against malignant and pestilential fevers; for it encourages the spirits, and drives out the enemy by sweat.

An excellent Posset, good in burning Fevers.

TAKE new-milk, one quart; good fresh small-beer, one pint; white-wine, half a pint; make posset, boiling in it wood-sorrel, two handfuls. Let it be drank plentifully off at pleasure.

Of the Scarlet Fever.

THE cure of this may be left pretty much to the guidance of nature, says the famous Sydenham; but if it want the assistance of art, it may be treated as the measles, it being near akin to that distemper. And Dr. Morton says, it differs only from the measles in its efflorescence, insomuch that it may be called, The confluent measles, and that it requires the same method of cure. In the measles the skin is diversly variegated

gated or spotted, in the scarlet fever it is all over covered with redness.

For a Scarlet Fever.

TAKE burnt hartshorn, and compound powder of crabs-claws, of each a drachm; cochineal, twelve grains; sugar-candy, one drachm; mix them, and beat them to a fine powder, and divide it into six parts: take one of them every six hours, drinking two or three spoonfuls of the following julep after them:

Take black-cherry water, milk-water, of each three ounces; syrup of citron-juice, one ounce: mix them together.

For a Heftick Fever in Children.

TAKE rhubarb, two drachms, sliced; put it into a quart bottle of small-beer, and give for common drink; and when it is drank up, pour more upon the same rhubarb, and continue it a third time. If it is too strong of the rhubarb when one pint is drank, put in another pint to it.

A Milk-water useful in all Sorts of Fevers and Consumptions.

TAKE carduus, two ounces; rue, goats rue, angelica, wormwood, mint, and balm, of each one ounce: bruise them together, and put them into a cold still with a gallon of milk; distil it with a gentle fire, and draw off almost three quarts. Take a glass of it sweetened with sugar, at pleasure.

Tincture of Myrrh, and its Virtues, in malignant Fevers, Worms, Foulnesses of the Mouth, Womb, &c.

TAKE of myrrh, an ounce; fresh prepared salt of tartar, calcined till it has acquired a blue, or almost green colour, half an ounce; let

them be well ground together; then put the matter into a wine-cellar for a week, or till it becomes moist: afterwards add thereto, by degrees, a pint of French brandy, shaking the whole well together; then extract the tincture as usual, with a gentle heat. It is given internally from fifteen to thirty drops, in a proper vehicle. In malignant fevers it strengthens the stomach, destroys worms, cleanses and heals the lungs, and greatly promotes the menses and lochia.

It is also good in ulcers and sponginess of the gums, rottenness and pains of the teeth, and foulness of the mouth, it being gargled therewith; being injected, it cures ulcers, rottenness and obstructions of the womb; also is good in hurts of the nerves, wounds and putrid ulcers, foulness of bones.

Almond-milk to quench the Thirst in Fevers, and prevent the Strangury caused by Blisters.

TAKE barley-water, one pound; fifteen sweet almonds, blanch'd: make an emulsion (to which add cinamon-water, one ounce; a little sugar); of which drink plentifully.

How to distil an excellent Water in Balneo Mariæ, experimentally good against Convulsion Fits, and in many Stomach Cases, and in Fevers, Faintings, &c.

TAKE nine quarts of the very best old hock; a pound and a half of sage, cutting off the stalks; then take of cinamon, ginger, mace, nutmegs, aniseeds, galengal, long-pepper, of each of these half an ounce; also half an ounce of cubebs, and half an ounce of grains of Paris, all beat small, and mixed together dry with the sage; put all these into a glass in the following manner:

manner: stop the glass very close with wax, and over it a piece of bladder wet; then set the glass in some convenient place for the sun to have full power upon it for at least fourteen days; then put all into an alembick together, and distil them off with a moderate fire. Remember first to put in about three pints of fair water at the bottom of your pot. Of this quan-

tity you may draw off about five quarts. When distilled, mix it all together, and drink of it a little China cup-full twice a day, sweetened with white sugar.

For Fevers in Children. See Childrens Distempers.

See also Agues, Fluxes, Feminine Distempers, Hiccough, &c.

F I S T U L A.

A Fistula is a sinuous ulcer arising chiefly from a bile, or inward piles. That arising from a bile is the more painful and difficult to cure. Unless some great uneasiness attends them, they should not presently be cured, but rather be kept open, as they serve for a salutary drain of peccant humours in ill-constituted bodies. After incision, which is the surgeons work, when the fistula is so constituted as to need a cure, a dossil is to be put in, armed with the white of an egg, and astringent powders. The next day it must be sprinkled with verdigris, and a bit of sponge spread with honey thrust in, to keep the fistula open, for seven days, till the callus is consumed: in the mean while a sponge whet with rough wine must be applied, to suppress the humours.

This being usually surgeons work, we shall only give the following excellent recipe on this article;

‘ Take of fanicle, wood-betony, wild daisy-roots and leaves, red bramble-leaves, dandelion, French

‘ bugles, white bottles, agrimony, motherwort, ribwort, broad plantane, of each one ounce; wormwood and mugwort, a few crops; wash them clean; shake out the water through a cloth; then boil them in a quart or three pints of white-wine, for half an hour, over a gentle fire; then put to them three or four spoonfuls of honey; let all seeth or simmer a while keeping it stirring with a spoon; then strain it hot thro’ a cloth, wringing the herbs well; and when it is cold, put it into a glass bottle. Let the patient drink four spoonfuls morning and evening, and fast two hours after it; let it be the last thing when he goes to bed: it must be taken lukewarm, and for the more speedy cure, you may tent the sore or wound, dipping the tent in a little of the same liquor, and lay upon it colewort-leaf. If the patient be a woman with child, you must leave out the mugwort.’

See Piles, Stone, &c.

FLUXES, as GRIPEs, DIARRHOEAS, or LOOSENESSES, DYSENTERIES, or BLOODY-FLUXES, &c.

UNDER this head, that we may not multiply articles, we will touch upon the several species

of fluxes; as common looseness, gripes, diarrhoeas, dysenteries, &c. however

however different they may be in their causes and effects. To begin with

The GRIPES:

This distemper is not to be treated alike in different persons, since according to its effects, and the particular constitution of the person, it may be distinguished into a cholerick, phlegmatick, kindly, or critical and malignant case. In a person of a *bilious* or *cholerick* constitution, the distemper becomes acrimonious; and the stools are thin, but either of a greenish yellow, or reddish; and in this case the following is proper:

‘Take rhubarb in powder, twenty-five grains; diascordium, twenty-five grains; syrup of solutive roses, as much as will make a bolus.’ This should be taken at three o’clock, and will work before the hour of sleep. After which,

‘Take of the powder of coral, half a drachm; crabs-eyes, one drachm; Japan-earth, one scruple; syrup of roses, as much as suffices. Let this be divided into three bolus’s; one of which may be taken every fourth hour, drinking upon it four spoonfuls of burnt red-wine; but by no means to drink much liquor.’

In a person of a *phlegmatick* or colder constitution than the above, the stools are watry, thin, and less tinged; and after he has been treated as above, warm cordials along with restringents may be given; for instance:

‘Along with one drachm of diascordium, crabs-eyes, fifteen grains, may be mixed; four drops of the chymical oil of nutmegs; of which a bolus being made, may be taken every fourth or fifth hour, and a spoonful or two

of cinamon-water, or aqua mirabilis, may be drank upon it,’ because in this latter case there is no fever, and many flatulencies; for which reason this warm and wind-expelling julep may be added:

‘Take of mint-water, six ounces; cinamon and Dr. Stephens’s water, each an ounce and half; syrup of orange-peel, an ounce; laudanum, two grains; mix, and make a julep, of which five or six spoonfuls may be taken.’

The *kindly* flux, and a *critical* one, border upon each other, and are generally harmless and useful, carrying off the offensive fœces. Though it must be observed, that even this, as well as the others, ought to be taken in time.

The *malignant* and symptomatic flux is what is most grievous and weakening, from what mild cause soever it proceeded at first, and must be diligently attended to. And for the management of these, we shall refer to the following approved recipes; as we shall also those that are called diarrhœas, dysenteries, &c. and the rather, as we shall, to each recipe, add its particular use and excellency, that so the prescription may be better suited to the respective cases, and the well-intentioned direction be less liable to mistake or misapplication.

A Bolus for a Diarrhœa.

TAKE rhubarb (not toasted, but grated fine) from one scruple to two; oil of cinamon, one drop; diascordium, sufficient to make it up. This, says an eminent physician, is a most efficacious medicine in a diarrhœa, to be given, if the looseness be not much, at night; otherwise early in the morning; and may be repeated as the case shall require.

An Electuary for a Looseness and bloody Flux.

TAKE diascordium, conserve of red roses, of each half an ounce; dragon's-blood, three drachms; toasted rhubarb, one drachm; japan earth, two scruples; syrup of dried red roses, enough to make an electuary; take the quantity of a nutmeg three times a day.

A restraining Clyster for a Looseness without Gripes.

TAKE pomegranate-peel bruised, half an ounce; flowers of the same, one drachm; boil in milk half a pint to four ounces: to the strained add brandy, (or cinamon-water) two ounces; diascordium, six drachms; oil of nutmeg, six drops; mix.

That it may be the longer and easier retained, (which is of great moment in this case) foment the anus with some warm astringent decoction; or at least, apply hot cloths to it, and let the patient compose himself to sleep as soon as he can, lying on the right side.

For a Diarrhœa.

TAKE small cinamon-water, and mint-water, of each three ounces; syrup of poppies, one ounce; diascordium, half an ounce; mix them. Take two or three spoonfuls after every stool.

Fracastorius's Decoction for a Diarrhœa.

TAKE diascordium, six drachms; alexiterial milk-water, ten ounces; boil to eight ounces; strain, and add mint-water, half an ounce; strong cinamon-water, two ounces; syrup of meconium, one ounce and half; mix up for three doses.

This has even, says an eminent physician, divine virtues against a diarrhœa; for it most potently (and almost beyond any thing else) stops sick fits, anguish, griping tortures, and rage of the ventricle and intestines: it is of notable use, especially in such fevers as are accompanied with a symptomatick flux of the belly.

An Infusion for a Diarrhœa.

TAKE rhubarb sliced thin, two drachms; yellow mirobalans bruised, one drachm; salt of wormwood, twenty-five grains; plantane and cinamon-water, each two ounces; infuse warm and close a night's space; then having strained it out, add oil of aniseed, one drop; syrup of roses solutive, half an ounce (or six drachms); mix.

Sometimes, where there are gripes, it may be thus prescribed:

Take rhubarb, two drachms; brandy, one ounce and a half; cinamon-water, one ounce: infuse (over hot coals) an hour; to the strained add syrup of roses solutive, one ounce; oil of nutmeg, one drop; powdered rhubarb, half a scruple; mix.

An Apozem for a Diarrhœa.

TAKE white decoction, two pounds; barley cinamon-water, one ounce; sugar of roses, as much as suffices; mix, and make an apozem; of which drink a draught morning and evening, and at pleasure.

For a symptomatick Diarrhœa, Dysentery, &c.

TAKE pomegranate-peels bruised, one ounce: boil it in three pints of water, till half be evaporated; adding, towards the last, cloves bruised, half a drachm; nutmeg,

meg, one drachm; strain, and add syrup of dried roses, three ounces; strong cinamon-water, four ounces; mint-water, one ounce; Venice-treacle, two drachms: mix. The dose four ounces, twice a day.

A balsamick Clyster for a Dysentery.

TAKE broth of sheeps-inwards, or head, ten ounces; yolks of eggs, two; Lucatellus's balsam, one ounce; sheeps-suet, two ounces: mix, and put it up just hot enough to keep the suet melted.

If the suet be kneaded, as it were, with yolk of eggs, 'twill be preserved from clotting.

By fomenting, anointing, and lining the intestines, this clyster cherishes, composes, appeases, and heals the fervors, wrinklins, tumors and ulcers; and is, says my friend, a most desirable remedy for a dysentery, after once bleeding and purging.

An experienc'd Medicine for a Dysentery or Bloody-Flux.

GIVE about three ounces of the juice of ground-ivy, mixed with one ounce of the juice of plantane, once or twice a day.

For a Bloody-Flux.

TAKE yellow wax, dissolve it in spirit of wine, and filtrate it through a paper, that it may remain like butter; sweeten it, and drink about a drachm thereof: it is a most excellent remedy against a bloody-flux.

For the same.

TAKE conserve of roses, one ounce; sapan earth, red coral prepared, nutmegs toasted, of each two drachms; elixir of vitriol, sixty drops; syrup of quinces, enough to make an electuary. This is proper

for the most obstinate fluxes in the belly, and may be taken the quantity of a nutmeg two or three times a day, or oftener, if need require.

A Pill for a Dysentery.

TAKE fine roch-alum, three drachms; melt it over a clear fire, and stir into it one drachm of dragon's-blood finely powdered; and out of each drachm of the mixture make ten pills, five of which are to be taken three times in a day.

A Draught for the same.

TAKE strong cinamon-water, and mint-water, of each one ounce; powder of rhubarb, half a scruple; syrup of diacodium, one ounce: mix, and make a draught; this both astringes and composes at the same time.

For a Flux of the Belly.

TAKE powdered rhubarb, one scruple, or half a drachm; mint and cinamon-water, each one ounce and a half; oil of nutmeg, two drops; syrup of dried roses, half an ounce: mix.

An almost infallible Drink to stop a Looseness.

TAKE bole armoniac, one ounce; chalk, three ounces; boil three pints of spring-water to two pints; strain, and let it settle, and pour off the clear; then add diascordium, half an ounce; cinamon-water, syrup of quinces and of dried roses, of each two ounces. It is efficacious in all dangerous loosenesses, giving the patient about four ounces at a time, shaking the bottle.

An easy Remedy to stop a Flux or Looseness.

TAKE a piece of old cheese, toast it, then boil it till all the salt is out,

out, and afterward dry it: give a drachm of it, and it will stop a flux wonderfully.

A Decoction of Cinamon to stop a Looseness.

TAKE of cinamon bruised, half an ounce; boil it in three pints of water, till it come almost to a quart; then let a crust of white bread soak in it a little while, and add loaf-sugar enough to sweeten it; strain it out, and take it for common drink a little warm.

A Purge for a Looseness.

TO a child, give three or five grains of torrified rhubarb, in a little syrup of cloves; and to one of ten years old, half a scruple; and to one of twenty years old, a scruple. Let the rhubarb be sliced thin, and then dry it over the fire on a paper; and when it is very dry, and well torrified, powder it, and so use it. Dr. Lane says, 'tis best not to dry it.

An excellent Clyster for a Looseness.

TAKE a sheep's-head with the wool upon it, and make broth

of it: to three quarters of a pint of the broth put one ounce of Venice-treacle, and give it the patient, having been first purged with rhubarb.

A Medicine for Gripping and Looseness.

TAKE fifteen grains of powder of rhubarb, and one drop of oil of cinamon made into a bolus with syrup of quinces, which repeat for three mornings together. Every night take the bigness of a nut of Venice-treacle, till the gripping and looseness is stopped.

For Gripes, &c. in Children, see *Childrens Distempers.*

See also *Feminine Distempers, Fever, &c.*

F R E N S Y.

See *Madness.*

F U N D A M E N T,

See *Fistula, Rupture.*

G O U T.

THE gout is a disease better known than understood. It is in short justly called, The disgrace of physick and physicians, and some have doubted whether aught should be attempted but by way of palliative in this cruel distemper, and to keep it from the noble parts: more particularly with regard to the inflammation that attends it, that ought to be permitted to keep its ground; for if it is forced to retreat, the patient will very probably find it in a worse and more dangerous case, under the

name of an apoplexy, an inflammation of the lungs, &c. Whenever therefore an attack is made by this distemper, let a person keep warm, take warm diet, drink moderate of wine, and that not the weakest; let him avoid sour diet and pickles; let him consider whether he has it by accident, or by inheritance; and as there are two ways to deal with it, so let it be considered which best suits his particular case: for it may be eradicated, or the symptoms only should be attempted to be alleviated, that worse consequences may be avoided.

If a radical cure of the fit be aimed at, all those internal remedies must be taken, that will push it down to the extremities; the patient must either keep in bed, or in a warm room, and let him take the following bolus:

Take Gascoign's powder, one scruple; castor, four grains; powder of Virginia snakeweed, three grains; camphire, three grains; syrup of cloves, as much as suffices to mix up a bolus, to be taken morning and evening, drinking upon it three or four spoonfuls of stoved wine; and if the pain be violent, an emollient poultice may be ventured upon, of mallows, shred saffron, and wheaten bread boiled in milk, which, applied to the part, will soften and mitigate the pain, while the bolus pushes it to the extremities. Or the swelled part may be anointed with a good gouty balsam, made with flowers of chamomile and rosemary, with seeds of rue and fenel, infused in the ethereal oil of turpentine.

An excellent physician makes the following observations on the cause of this disease, the method to be taken in it, and the diet to be pursued by persons subject to it.

The most common causes, says he, are an hereditary disposition, (which operates more strongly in this distemper, than in any other) a too rich and high diet, and too copious use of wine and other spirituous liquors, especially at supper; excess in venery; a full gross habit of body; the too copious use of acid or sour things, the gout being the only disease in which acids are very hurtful to human bodies; a sudden chilling of the feet after sweat, or drying them at the fire after being wet and cold; a sedentary life, with

a plentiful diet, and intense study, and application of the mind; most commonly a gouty constitution is attended with great acuteness of parts, the nervous fibres both in the brain and the other extremities being delicate; females and young people are not subject to this disease, unless where it is hereditary.

A proper regimen of diet is necessary in this distemper, because it does not admit of very many helps from medicines, and there are no better rules than abstinence from those things which occasion it.

As one of the causes of the gout is the suppression of sweat and perspiration, the procuring a due degree of these seems to be the best preventative of it; if the feet could be made to sweat, in due time it would prevent the gout, which invades in such constitutions of the air as suppress perspiration.

Violent purging, in absence of the paroxysm, by agitating the humours, often hurts, and during the paroxysm, may draw the gout inwardly.

The best diet is abstinence from acid substances; the moderate use of such as promote perspiration, as substances aromatical, and volatile salts, which relieve the gouty, as they make the body perspirable; diluent liquors, taken in such a degree as not to hurt the stomach; moderation in the quantity of food and spirituous liquors; exercise without fatigue; but especially frictions of the extreme parts, daily, and often repeated; all possible methods of making the feet sweat, and much sleep.

In the paroxysm, as temperate, and cool, and diluent a diet as the patient can bear; abstinence from opiates, except when the morbid matter is separating, the constant use

use of which will hurt; keeping the affected part warm, without the application of cataplasms; even such as are emollient, weaken and relax too much, and have been sometimes found to distort the parts.

It is of the utmost importance to know if any disease proceeds from a translocation of the gouty matter; for the methods, especially evacuations, used in an original disease, would be very improper in a gouty case, where the intention must be to draw the gout down to the feet, by blisters applied to the thighs or legs, and acrid inflammatory cataplasms and plaisters; therefore when any gouty person is disappointed of a paroxysm which he expected by the season, or the previous symptoms, and instead of it is seized with another disease, let him speedily consult his physician.

If a gouty person can bring himself intirely to a milk diet, he may so change the whole juices of his body as to eradicate the distemper.

The approach of a fit of the gout is easily known by the inward disorders, as wind, sickness, crudities in the stomach, a drowsiness, &c.

The lord *Bacon* gives the following directions in relation to the gout, which we shall transcribe in honour to that great man; tho' if it had generally succeeded, as he avers it did upon him, we may presume the gout would not have been so much the foil to the physicians skill, as it still continues to be.

There be many medicines, says he, which by themselves would do no cure, but perhaps hurt; but being applied in a certain order, one after another, do great cures. I have tried myself a remedy for the gout, which hath seldom failed, but driven it away in twenty-four hours

space. It is, first, to apply a poultess, and then a bath or fomentation, and then a plaister (all which follow). The poultess relaxeth the pores, and maketh the humour apt to exhale. The fomentation calleth forth the humour by vapours; but yet, in regard of the way made by the poultess, draweth gently; and therefore draweth the humours out, and doth not draw more to it; for it is a gentle fomentation, and hath withal a mixture (tho' very little) of some stupefactive. The plaister is a moderate astringent plaister, which repelleth new humour from falling. The poultess alone would make the part more soft and weak, and apter to take the defluxion and impression of the humour. The fomentation alone, if it were too weak without way made by the poultess, would draw forth little; if too strong, it would draw to the part, as well as draw from it. The plaister alone would pen the humour already contained in the part, and so exasperate it, as well as forbid new humour: therefore they must all be taken in order, as is said. The poultess is to be laid to for two or three hours. The fomentation for a quarter of an hour, or somewhat better, being used hot, and seven or eight times repeated. The plaister to continue on still till the part be well confirmed.

1. The Poultess.

Take of manchet, about 3 ounces, the crum only thin cut: let it be boiled in milk, till it grow a pulp: add, in the end, a drachm and an half of the powder of red roses; of saffron, ten grains; of oil of roses, an ounce: let it be spread upon a linen cloth, and applied lukewarm, and continued for three hours.

2. The

2. *The Bath or Fomentation.*

Take of sage-leaves, half an ounce; of the root of hemlock sliced, six drachms; of briony-roots, half an ounce; of the leaves of red roses, half an ounce: let them be boiled in a pottle of water, wherein steel hath been quenched, till the liquor come to a quart: after the straining, put in half a handful of bay-salt. Let it be used with scarlet cloth, or scarlet wool, dipp'd in the liquor, hot, and so renew'd seven times, all in the space of a quarter of an hour, or little more.

3. *The Plaster.*

Take of emplastrum diachalcit. as much as is sufficient for the part you mean to cover: let it be dissolved with oil of roses, in such a consistence as will stick, and spread upon a piece of Holland, and applied.

Many prescriptions have been published on this head, and divers methods tried by different persons; but the following recipes have been approved in particular cases, and some of them afford matters necessary to be known by all persons subject to this distemper.

A Decoction for the Gout.

TAKE burdock-roots, four ounces; chamæpitys, two ounces: boil in water three pints to twenty-eight ounces; strain, and add magistral worm-water, four ounces; spirit of scurvy-grass, elixir proprietatis tartarized, each two drachms: mix. This is a prescription of a learned physician, who tells us, that by reason of its *stomachick* virtue, it corroborates the ventricle and intestines, and prevents the morbid matter from falling on them: that by reason of its *digestive* faculty, it keeps the blood in a due mixture, and hinders its fusion: That by reason of its *neurotick* quality, it

comforts the nerves, and restrains the raging exandescence of the spirits. And that, lastly, by reason of its *diuretick* force, it drains off the gouty humours by urine, and so secures them from rushing into the joints.

A Clyster for the Gout in the Intestines, and for a malignant Fever.

TAKE Canary wine, one pint; diascordium, half an ounce; yolks of eggs, two: mix.

But halt the usual quantity is prescribed, to the end that it may the longer be retained in the body.

What cordial juleps are to the stomach, the same this clyster is to the guts; for it refreshes them, and rouses them up, whereby they are enabled to perform their business briskly, and throw out whatever is offensive to nature; and at the same time defend the viscera themselves.

For the Gout in the Stomach.

TAKE of hartshorn and Virginia snake-root, each one scruple; milk-water, one ounce and a half; plague-water, half an ounce; syrup of saffron, two drachms: mix them up in a draught, and drink it when you have the gout in your stomach.

A Foment for the Gout.

TAKE ground-pine, southernwood, each four ounces: boil in water three quarts to two quarts; in the strain'd dissolve salt of tartar, and salt armoniack, each two ounces.

It maintains and strengthens the tone of the part; and (which makes it safe) in the mean time repelleth not at all; for repellents in the gout are sometimes exceeding dangerous, because they may drive the morbid matter to the stomach or brain.

*Fine Pills for Prevention of the Gout,
and for cold Stomachs.*

TAKE gum of guaiacum, aloes, each one drachm and an half; balsam of Peru, enough to make them up: mix. The dose half a drachm before supper.

A speedy Remedy for Gout-Pains.

TAKE good spirit of sal armoniack, and with a feather dipt in it moisten gently all the part or parts affected.

A Medicine that almost presently appeases the Pains of the Gout.

TAKE of black soap, four ounces; choice wood-foot finely sifted, about a drachm and a half; and add to these about half the yolk of an egg: incorporate them diligently together, and spreading the mixture somewhat thin, apply it (the cold being first taken off) by way of cataplasm to the part affected.

A Plaister to strengthen the Joints after the Gout, and hasten the going off of the Pain.

TAKE of Paracelsus and diapalma: melt them, and incorporate them exactly together, and spread the mixture very thin upon fine leather, to be used as a plaister to the part affected.

To appease the Pain of the Gout, and by Degrees lessen the Fits.

TAKE one part of sal armoniack, and three parts of spirit of wine, neither of them too well rectify'd: shake them together, (and if you please, digest them a while) and having dipt old, but clean linen rags in the mixture, apply them to the part affected, shifting them now-and-then, as need shall require.

To restore Fingers bent to the Palm of the Hand, by the Gout, to their usual Pliableness.

PUT two ounces of the finest shreds of glovers leather to a quart of lees of new ale or sack, and boil them to a pint. Rub this glutinous liquid upon the part affected night and morning, (heated over a chafing-dish of coals, as hot as it can be well borne) for a quarter or half an hour together. It has been attended with most useful and salutary effects.

To keep off the Return of a Fit.

AFTER the fit is gone, and you are as well as you have known yourself to be after any fit, take a gentle purge of aloes once a week, so gentle, as that you may go about business with it, beginning soon after you are well, and continuing to take it as long as you live. This, says the rev. communicator, cured a person whom I knew, at sixty-four, who lived to the age of eighty, without having another fit.

An Ale used with Success in the Gout, flying Pains, Rheumatick Affections, Dropsy, &c.

TAKE guaiacum, saffras, each one ounce; ground-pine, germander, each two ounces: boil wort (instead of hops) from six to four gallons, into which hang the following bag of ingredients to ferment: Take roots of avens, half pound; hermodactyls, four ounces; agrimony, sage, betony, dodder, thyme, stœchas-flowers, each two ounces; raisins stoned, half a pound: dispense according to art.

This is also good for diseases caused by too much, and too sharp serum, and from relaxation of the tone of the parts. One pint twice a day to be taken.

For the Gout and Rheumatism.

TAKE one ounce of gum guaicum powdered, put it into four ounces of sal volatile oleosum, shake it often for five or six days; then pour it off into a phial: take a tea-spoonful twice a day in a glass of white-wine: sometimes take a dose of rhubarb. This will also expel wind, carry off phlegm, and promote appetite.

Dr. Sydenham's Electuary for the Gout.

TAKE conserve of garden scurvy-grass, one ounce and a half: conserve of Roman wormwood, and the yellow part of an orange, of each one ounce; angelica, and nutmeg candied, of each half an ounce; Venice treacle, three drachms; compound powder of aron, two drachms: make an electuary with a sufficient quantity of syrup of oranges: let the patient take two drachms of it twice a day, drinking five or six spoonfuls of the following water after it:

Take the roots of horse-radish sliced, three ounces; garden scurvy-grass, twelve ounces; water-cresses, brooklime, sage, mint, of each four ounces; the peels of six oranges; two nutmegs beaten; mum, twelve pints; distil them in a common still; draw off only six pints for use.

Mr. Miller of Chelsea gives the following Account of the Virtues of the Herb Speedwell in this Distemper.

I Cannot, says he, in his second volume of the gardener's dictionary, omit mentioning the virtues of the common Speedwell, which have caused it to be in great request of late. It is found an excellent remedy for the gout, and all rheumatick disorders. The method is to make

a tea of the dry'd herb, the quantity to be used is about a quarter of an ounce, from which four common dishes of tea may be drawn: these are to be drank every morning, until the patient finds relief. To this some add the dry'd herbs of bog-bean and ground-pine, which they mix in equal quantities, and make a tea of them, from which many persons have received great benefit.

Professors Boerhave and Osterdyke's Regimen for the Gout, prescribed to a Gentleman who consulted them on this Occasion.

THEY are of opinion, that the gout is not to be cured by any other means but a milk-diet, which will in twelve months time alter the whole mass of blood; and in order thereto the following directions must be strictly followed:

1. You must not taste any liquor, only a mixture of one-third milk, and two-thirds water, your milk as new as you can get it, and to drink it as often as you have occasion for it, without adding any other to it. A little tea and coffee is likewise permitted, with milk.

2. In a morning as soon as awake, and the stomach has made a digestion, you must drink eight ounces of spring-water, and fast two hours after; then eat milk and bread, milk-pottage, or tea with milk, with a little bread and fresh butter.

3. At dinner you must not eat any thing but what is made of barley, oats, rice, or millet-feed, carrots, potatoes, turneps, spinach, beans, pease, &c. You may likewise eat fruit when full ripe, baked pears or apples, apple-dumplings, but above all milk and biscuit is very good, but nothing salt or sour, not even a Seville orange.

4. At supper you must eat nothing but milk and bread.

5. It is necessary to go to bed betimes, even before nine o'clock, to accustom yourself to sleep much, and use yourself to it.

6. Every morning before you rise, to have your feet, legs, arms, and hands, well rubbed with pieces of woollen cloth, for half an hour, and the same going to bed. This article must be strictly observed, for by this means the humours, knobs, and bunches will be dissipated, and prevent their fixing in the joints, by which they become useless.

7. You must accustom yourself to exercise, as riding on horse-back, which is best, or in a coach, chaise, &c. the more the better; but take care of the cold weather, winds, and rain.

Lastly, In case a fit of the gout should return, and be violent, which they are of opinion will not, then a little dose of opium or laudanum may be taken to compose you; but no oftener than necessity requires. And the gentleman having put the question as to an *hereditary gout*, the professors gave it as their opinion, that if he would strictly resolve to follow the foregoing directions, it would be of no consequence to him, that he derived his gout either from father or mother. The gentleman accordingly did follow them, and obtained a perfect cure, and afterwards returned, by degrees, to his former moderate way of living, in which he did so well, that he desired what is above might be communicated for the general good, which was accordingly done in a Daily Paper, March 28. 1730.

We shall conclude this article with the following recipe, published under the title of

A Cure for the Gout.

Published by Thomas Sandeford and Edward Gent, both of the City of Kilkenny in Ireland, who petitioned the King for a Reward for the Discovery of it.

TAKE half an ounce of hiera picra, and eight grains of cochineal, both in fine powder; put both into a pint of the best red port: let it stand at least twenty-four hours; shake the bottle well and often during that time, but shake not the bottle for three or four hours before you draw off any of the tincture for use: take of this half a quartern to near a quartern, according as you find yourself strong or weak. You must continue taking of this every second, third, or fourth day, till you take the whole pint; and if the gout returns, take another pint as before, and so do to every fit. This tincture, if taken in a fit of the gout, in a few hours dissolves all particles in the blood which cause the pain: and if pursued as before directed, will in time work them all out of the blood. It likewise carries off all new swellings soon, and all old swellings in time. You may use posset-drink with this as with other physick; yet if you take nothing after it, it will work very well: the properest time of taking it is in the morning fasting, or at night, if you do not eat or drink for four or five hours before: continue in bed from the time of taking it, till it purges you downwards by stool, which will be in about twelve hours time; but if you have not a stool in that time, take a large spoonful more. If you have the rheumatism or sciatica, take the tincture as before, but in a larger quantity. I caution all people that take this, to have

have special care, that they do not take cold, for it will cause many to sweat greatly for a time, and if they take cold, will be apt to be grip'd; which if they are, a little mull'd port-wine, or a spoonful of the tincture, immediately eases them.

N. B. The hiera picra must be made according to *Quincy's* dispensatory.

See *Pleurisy, Rheumatism, Sciatica, &c.*

G A N G R E N E.

See *Mortification.*

G O N O R R H O E A.

See *Venereal Distempers.*

G R A V E L.

See *Stone, &c.*

G R E E N - S I C K N E S S.

See *Feminine Distempers.*

G R I P E S.

See *Childrens Distempers, Fluxes, &c.*

G U M S.

See *Teeth.*

G U N P O W D E R M A R K S.

See *Wounds.*

HÆMORRHAGES, or excessive BLEEDINGS.

Herm. Vander Heyden observes, that in violent bleeding at the nose, when the blood hath issued forth in manner of a torrent, the speediest and most certain remedy (when all other means have failed) hath been, to put the patient's feet into warm water, as far as to the very knees: as it happened to one that was at the very point of death; whence, by the trial of this experiment, he was happily recovered, when both his legs and thighs, for want of blood, had now grown cold; and no wonder; for his blood flying up to his head, he had lost no less than eighteen pints of it at the nose, as by most exact observation was found. And *Vigo* advises the same in a quinsy.

Bleedings have been stopt, when nothing else would do it, by putting the testicles in sharp vinegar, which hath caused a sudden recess of the spirits. Some prescribe letting blood in an adverse part for a revulsion. Custom has stopt blood, as in a famous instance which the lord *Bacon* gives of the prince of Orange, who, in his first hurt by the Spanish boy, could find no means to stanch the blood, either by ligament or medi-

cine; but was fain to have the orifice of the wound stopped successively one after another by mens thumbs, for, at least, two days space; and at last the blood, by custom only, retired into its old chanel.

The following receipts are of peculiar excellency in hæmorrhages.

Mr. Boyle's Syrup for spitting of Blood, and Hæmorrhages.

TAKE comfrey-roots, six ounces; plantane-leaves, twelve ounces; cut, beat, and strain out the juice; to which add an equal weight of sugar, and boil it up to a syrup.

He must be a mere stranger in physick, says *Dr. Fuller*, that is not acquainted with this most noble syrup, and how mightily it succours those that cough up blood.

Mr. Boyle's Electuary for the same.

TAKE white poppy and henbane-seed powder'd, each half an ounce; syrup of corn-poppy, conserve of red roses, each one ounce and a half: mix. This honourable author gives it high and deserved commendations. Take the quantity of a walnut twice a day, after due bleeding, and gentle purging.

Lucatellus's *Electuary for inward Bleeding*, &c.

TAKE conserve of red roses, two ounces; conserve of hips, one ounce; Lucatellus's balsam, half an ounce; species of diatragacanth frigid, one drachm; syrup of balsam, three drachms: mix.

It thickens, restringes, heals, and is profitable against hoarseness, cough, spitting of blood, and all inward hæmorrhages whatsoever: is good even in a consumption itself, provided it be not a confirm'd one too far gone.

Let the quantity of a small bean be exhibited thrice a day.

Against Vomiting of Blood, internal Bleeding, immoderate Menses, &c.

TAKE frog-spawn water, two ounces; syrup of dried roses, two drachms; powder'd Japanick earth, one scruple; sugar of lead, four grains; oil of cinamon, one drop; liquid laudanum, twenty drops: mix. Frog-spawn for distillation, *Ettmuller* says, should be gather'd a few days before the new moon; it will stink, tho' never so often distill'd.

For the same.

TAKE salt-petre, troches of amber, of each half a drachm: mix for a powder to be taken every eight hours, with four spoonfuls of the tincture of roses.

For the same.

TAKE conserve of roses, two ounces; marmalade of quinces, one ounce; pomegranate peels, one drachm and half; red coral; bole Armenian, of each two drachms; blood-stone prepared, one drachm; syrup of dried red roses, enough to make an electuary: take the quan-

tity of a large nutmeg three or four times a day.

A balsamick Bolus in Hæmorrhages, &c.

TAKE conserve of red roses, Lucatellus's balsam, each half a drachm; balsam of Peru, ten drops: mix. It is a prevailing medicine against an inveterate cough, and recent consumption, spitting of blood, dysentery, contusion, and inward bleedings by open'd or broken vessels.

For a violent Bleeding at the Nose.

FOLD a linen cloth, and dip it into half a pint of vinegar, in which one ounce of sugar of lead is dissolv'd, and apply the cloth cold to the region of the heart; and as often as it waxes warm, repeat it cold: it will at first, by reason of its coldness, strike the patient into a kind of shaking like an ague-fit; but, in a small time after, let the flux of blood be ever so violent; it will stop it, as is averr'd by an eminent physician.

Another.

TAKE vinegar, one pint; and dissolve in it over the fire, one ounce of nitre, and a drachm of camphire, and apply it cold to the region of the breast, and it will marvellously stop enormous bleedings at the nose.

To stop the Bleeding at the Nose.

TAKE nitre, two drachms; alum one drachm; white-wine vinegar, and lime-water, of each one ounce: mix them, and dip in tent, and put it up the nostril, and apply them fresh several times in an hour to prevent a relapse.

To stop a violent Bleeding of the Gums.

TAKE the powder of roch-alum, white vitriol, tartar vitriolated, of each an ounce and a half; white-wine vinegar and claret, of each one ounce: mix, and wet lint, and apply it to the gums, as occasion requires.

To prevent spitting of Blood.

TAKE horse-hoof dried, four ounces; sugar of roses, two ounces: make them into a fine powder, and take half a drachm every six hours.

A Water against spitting of Blood.

TAKE comfrey-leaves the greater, Solomon's seal, plantane, and burnet, of each four ounces; liquorice-root, two ounces: infuse them cold for two days in two gallons of lime-water; drink of it six ounces every morning for four or five days together: it infallibly cures the spitting of blood.

To stop a Bleeding at the Nose.

TAKE a dried toad, sew it in a bag, and wear it at the pit of the stomach.

Another for the same.

TAKE the moss that grows on a man's skull, and use it in the same manner: it will infallibly stop the bleeding, as has been experienced by the great Mr. Boyle upon himself, and several other eminent persons to whom he communicated it.

For Spitting of Blood.

TAKE four ounces of the tops of young nettles; stamp and strain out the juice, which put into half a pint of cold distill'd purslain-water; sweeten it very well with syrup of sanicle; let this be made fresh every morning, to be

taken two hours before eating in the morning, half of it; and the other half at four in the afternoon: take it so ten days together; then leave it off ten days; after which take it ten days again, morning and afternoon, as before.

An excellent Remedy for Spitting of Blood, whether from the Lungs, or a broken Vein.

TAKE one ounce of the green moss which grows at the bottom of the poplar-tree, and put it into a pint and half of milk; boil it till it is reduced to a pint; and drink it lukewarm morning and evening, either sweeten'd with fine sugar, or without. If it do not stop the bleedings in two or three days, repeat it; for it seldom fails.

Cordial Lozenges for Spitting of Blood, or Colds.

TAKE of ivory powder'd, two drachms; of red coral powder'd, one drachm; of confectio alkerms, one ounce; spirit of aniseeds, half an ounce; angelica-water compound, one ounce; rose-water, three ounces and an half; doubly-refin'd sugar, one pound: boil all together, but add not the spirit of aniseeds, nor the angelica-water, till it is almost enough; which is when it is candy-high; then drop it upon a tin plate rubbed over slightly with butter in a cloth.

To stop Bleeding at the Nose.

STAMP stinging-nettles, and put 'em into the nostril that bleeds.

For Bloody-flux, Dysentery, &c. see Fluxes.

For Floodings, &c. see Femine Disorders. See also Piles, Wounds, &c.

HÆMORRHOIDS.

See Piles.

K 4

HEAD-

H E A D - A C H S, &c.

Head-achs are of many kinds, as internal or external; essential or sympathetical; hot or cold, &c. In the warm states of blood the pain is acute, pungent, and very troublesome; but in the phlegmatick it is a heavy and dull pain; the first proceeding from a salt and acrimonious blood; the other from the sluggishness of the blood, whence a dull and stretching pain arises. The warm head-achs are capable of driving the patient into madness, and the cold into lethargies. All these different head-achs require discharges, as they generally proceed alike from plenitude or plentiful feeding. In the warm ones, bleeding is the principal; in the cold ones, purging and blisters are required. Wherefore in the cholerick head-ach draw blood from the arm according to the strength of the patient, and violence of the symptoms. But in the phlegmatick purge with the following pills:

‘ Take mercurius dulcis, eight grains: pills of cochiaë the lesser, twenty grains; oil of cloves or nutmegs, four drops: make five pills, to be taken in a morning, keeping warm all day, and drink broth.’

In both cases, after proper discharges, it will be proper to take altering medicines. In the *hot states*,

‘ Take asses-milk, half a pint in a morning, with a scruple of crabs-eyes in the first spoonful, drinking the rest after it.’

Hippocrates, it may be said, blames milk in head-achs; but it must be distinguish’d, that tho’ milk would increase an head-ach from *phlegm*, it will cure one produc’d from *salts*.

Let a scruple of sal prunellæ, in a glass of water, be given twice a day; and, after discharges and altering medicines have been thus given, opiates, if the pain requires them, may be taken.

In the phlegmatick head-ach proceed thus:

‘ Take cephalick-water, three ounces; bawm-water, six ounces; sal volatile oleosum, one drachm; sugar, what suffices; mix, and take two spoonfuls often in a day.’

The cephalick-water is thus made:

‘ Take flowers of lily of the valley, four ounces; Rhenish wines, four pounds; let them infuse for thirteen days and nights; then add peony-flowers, three handfuls; after these have stood three days and nights, distil them off; and in this distilled water let stand flowers of lavender, rosemary, and Arabick stœchas, of each one handful; cloves, two drachms; nutmegs, a drachm and half; cubeb-seeds, two drachms; fresh peony-root, an ounce: let them infuse; distil again, and to this last liquor add black cherries bruis’d, one handful.’

Or, take eight or ten grains of the following epileptick extract dissolv’d in a glass of white-wine twice a day; viz.

‘ Take Russia castor, an ounce and a half; amber, two ounces; mistleto of the oak, one ounce; yellow saunders, half an ounce; species diambre, half an ounce; peony-seeds, two drachms; flowers of lime-tree, and flowers of peony, of each half an ounce; mace and galengal, of each an drachm and a half; make an infusion

fusion in spirit of wine, then extract it, adding volatile salt of hartshorn, three drachms; of native cinabar, two drachms; of prepar'd pearl, half an ounce; of opium, half a drachm: mix well, and make up an extract for phlegmatick pains in the head.

These sorts of head-achs will also frequently yield to volatile spirit of hartshorn alone, if taken to forty or fifty drops in wine twice or thrice a day.

Hysterick head-achs are reliev'd by strong snuffs, which will make the nose run much, or by blisters behind the ears. The snuff may be either turbith-mineral, or white mercury precipitate, mixed up with liquorice-powder, and snuffed up into the nostrils, which will carry off a great many humours: but as mercury taken this way will give cold, the person ought to keep at home, till the effects are over.

Tea is also of good use in cases of the head, which depend on gross or viscous humours, or upon acids that prick the membranes.

Coffee is also good in head-achs which are called *sympathetical*; that is, in such where the malady don't lodge in the head; but not in such as tea is useful in, and which proceed from acrimonious causes.

We shall add to the above, the following approved prescriptions, which have been very efficacious in several cases, besides those we have already mentioned.

For an Head-ach from a foul Stomach and Crudities.

TAKE senna, half an ounce; rhubarb, agarick ty'd up, species of hiera, each two scruples; white-wine, one pint: macerate and strain.

Let three spoonfuls be given at night, and four the next morning, each other day, with slight observance.

A Cataplasm for a pulsing Sort of Head-ach.

TAKE red roses dried and cut small, four scruples; white poppy-seeds bruised, oil of roses, each half an ounce; barley-meal, one ounce; vinegar, enough to temper it into a consistence.

It is to be applied lukewarm to the forehead.

An excellent Infusion for Mists and Clouds of the Head, Vertigo, Dizziness, Head-ach, &c.

TAKE dry peacock's dung, (the white part) four ounces, millepedes alive bruised, one ounce; black-cherry-water, white-wine, each one pint and a half: let them stand cold twenty-four hours; then having clarify'd it, by often passing it thro' a flanel bag, add Langius's antiepileptick water, three ounces; spirit of lavender compound, one drachm and a half; oil of nutmeg, three drops; syrup of peony-compound, six ounces: mix, and give a quarter of a pint, nights and mornings.

For an apoplectick Pain in the Head.

BEAT ground-ivy, and strain out the juice; put to it a spoonful of powder of marum, but not enough to thicken the juice; then take a leaf of tobacco, and make it very wet in this juice; roll it up in pellets, and put it up your nostrils; as fast as it hardens, put up a fresh one: 'twill give present relief, and is much better than either liquid or dry snuff.

Aspe-

A specifick Powder for convulsive Affections, Vertigo, Cloudiness, and Head-ach.

TAKE powder de gutteta, native cinnabar prepared, each half an ounce: mix; take twenty grains every night and morning.

It is an observation worth noting, says Dr. Fuller, that pertinacious pains of the head, almost to madness, have been happily cured (when other means had been to no purpose) with this pulvis de gutteta alone, and an infusion of primrose-flowers, betony, or tea.

Cephalick Pills.

TAKE pill fetid, fifteen grains; resin of jalap, castor, salt of amber, each five grains; oil of amber, two drops; spirit of lavender compound, as much as is sufficient to make all up into five pills.

These are of a middle operation, neither weak nor strong, and are extraordinary agreeable, where persons, obnoxious to the head-ach, paralytick, sleepy, convulsive, or hysteric affections, have need of purging. Take two at bed-time, and the other three the next morning, keeping within doors that day, but without any great observance.

A Cephalick Plaister.

TAKE plaister of betony, half an ounce; caranna, tacamahaca, each three drachms; powder'd balsam of Tolu, two scruples; balsam of Peru, (or capive) one scruple: mix.

It warms and strengthens the head, is accounted good in a cold head-ach, giddiness, night mare, epilepsy, palsy, deafness; and is commonly prescribed for convulsive and drowsy affections.

A Receipt of Dr. Boerhaave against Dizziness.

TAKE conserve of anthus, powder of calamint, and preserved ginger, each two ounces; a sufficient quantity of syrup of ginger: mix it, and make a conserve, the quantity of a nutmeg to be taken every night and morning.

An exceeding good Snuff for the Head.

TAKE of sage, rosemary, lilies of the valley, tops of sweet marjoram, of each half an ounce; of nutmeg, and of asarabacca-roots, each one drachm: dry them, and reduce them to a very fine powder.

An experienced Sternutatory to clear the Head.

SNUFF up, in the morning fasting, a small spoonful, or less, of the clarify'd juice of ground-ivy, or of beets, spitting out, from time to time, as much liquor as comes into your mouth.

To make an excellent Cephalick, or Head-powder, good also for the Eyes.

TAKE the leaves or flowers of betony, marjoram, and damask-roses, also the flowers of sage and rosemary, of each an ounce: to these add the powder of lignum aloes, and seeds of nigella Romana, of each half an ounce: reduce all these to a powder, to be us'd as a hair-powder, when the patient goes to bed.

A slight, but excellent Medicine to take off Fits of the Head ach.

TAKE about an ounce of fresh rosemary, and boil it for a pretty while in a quart of common water: then almost fill it with a pint-pot or rather a mug; let the patient cover his head and face with a nap-kin.

kin, so that he may receive the steam as hot as he can well bear, and keep the vessel there as long as he finds the steam strong enough.

For the Head-ach, Vertigo, Dizziness, &c.

TAKE conserve of rosemary-flowers, one ounce and half; powder of mountain valerian, cinabar of antimony, of each two drachms; castor, one drachm; syrup of peonies, enough to make an electuary: take the quantity of a nutmeg twice a day.

Against a Vertigo.

TAKE of cypress-roots, two ounces; of aniseed half an ounce: make of both a very fine powder, and take thirty grains in a spoonful of wine, beer, or ale, when you go to bed. This medicine, continued for five nights, (besides other patients) cured a woman, who for divers years was troubled with a vertigo, and had used all sorts of other remedies, prescribed to her by London physicians, to little or no purpose.

For a nervous Head-ach.

TAKE of the gum-pills, and the pills of wash'd aloes, of each two drachms, with a drop or two of oil of cinamon: make them into middling pills; of these take three regularly once every week going to bed; and at other times as often as the head-ach returns; or as you are to be employ'd in affairs that require study or application.

Scheffer's Cephalick Balsam.

TAKE volatile salt of hartshorn, and of sal armoniack, each one drachm; chymical oil of mace, one scruple; highly rectify'd spirit of wine, one ounce: digest according

to art. This is a sort of sal volatile oleosum, to be dosed from twenty to thirty drops, and taken in a vehicle suitable to the intention, against pituitose distempers of the brain and nerves, stuffing and heaviness of the head by a cold palsy; as also against palpitation of the heart, hypochondriack, and hysteric affections. In a word, it may be useful where-ever volatile enlivening salts are indicated.

A Medicine to bring away Filth from the Nostrils.

TAKE turbith-mineral, half a scruple; powder of liquorice, half a drachm; nutmeg, one scruple; oil of rosemary, two drops: make it all into a powder, to be snuffed up into the nose in a very small quantity.

Those sorts of medicines, which physicians call'd *Errhines*; are to be us'd chiefly in the morning; but, if need be, at any other time also: they draw out of the head and nose abundance of water, mucus, and viscid phlegm; and are pertinently prescrib'd against such illnesses of the head, as are caus'd by tough, clammy matter, and have been of long continuance and obstinate; such as gravitative head-ach, palsy, and drowsy distempers.

This of turbith is wonderfully powerful, brings off especially thin lymph (as tho' it rais'd a salivation thro' the nose) so plentifully and streamingly, that none can imagine it, who hath not seen it: but if repeated too often, 'twill fret the membrane of the nostrils, and make it sore; therefore after every time of using it, it would not be amiss to snuff up warm milk or oil.

Another for the same.

TAKE marjoram-water, (or tea made with marjoram) one ounce;

A specifick Powder for convulsive Affections, Vertigo, Cloudiness, and Head-ach.

TAKE powder de gutteta, native cinnabar prepared, each half an ounce: mix; take twenty grains every night and morning.

It is an observation worth noting, says Dr. Fuller, that pertinacious pains of the head, almost to madness, have been happily cured (when other means had been to no purpose) with this pulvis de gutteta alone, and an infusion of primrose-flowers, betony, or tea.

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These are of a middle operation, neither weak nor strong, and are extraordinary agreeable, where persons, obnoxious to the head-ach, paralytick, sleepy, convulsive, or hysteric affections, have need of purging. Take two at bed-time, and the other three the next morning, keeping within doors that day, but without any great observance.

A Cephalick Plaister.

TAKE plaister of betony, half an ounce; caranna, tacamahaca, each three drachms; powder'd balsam of Tolu, two scruples; balsam of Peru, (or capive) one scruple: mix.

It warms and strengthens the head, is accounted good in a cold head-ach, giddiness, night mare, epilepsy, palsy, deafness; and is commonly prescribed for convulsive and drowsy affections.

A Receipt of Dr. Boerhaave against Dizziness.

TAKE conserve of anthus, powder of calamint, and preserved ginger, each two ounces; a sufficient quantity of syrup of ginger: mix it, and make a conserve, the quantity of a nutmeg to be taken every night and morning.

An exceeding good Snuff for the Head.

TAKE of sage, rosemary, lilies of the valley, tops of sweet marjoram, of each half an ounce; of nutmeg, and of asarabacca-roots, each one drachm: dry them, and reduce them to a very fine powder.

An experienced Sternutatory to clear the Head.

SNUFF up, in the morning fasting, a small spoonful, or less, of the clarify'd juice of ground-ivy, or of beets, spitting out, from time to time, as much liquor as comes into your mouth.

To make an excellent Cephalick, or Head-powder, good also for the Eyes.

TAKE the leaves or flowers of betony, marjoram, and damask-roses, also the flowers of sage and rosemary, of each an ounce: to these add the powder of lignum aloes, and seeds of nigella Romana, of each half an ounce: reduce all these to a powder, to be us'd as a hair-powder, when the patient goes to bed.

A slight, but excellent Medicine to take off Fits of the Head ach.

TAKE about an ounce of fresh rosemary, and boil it for a pretty while in a quart of common water: then almost fill it with a pint-pot or rather a mug; let the patient cover his head and face with a napkin.

kin, so that he may receive the steam as hot as he can well bear, and keep the vessel there as long as he finds the steam strong enough.

For the Head-ach, Vertigo, Dizziness, &c.

TAKE conserve of rosemary-flowers, one ounce and half; powder of mountain valerian, cinabar of antimony, of each two drachms; castor, one drachm; syrup of peonies, enough to make an electuary: take the quantity of a nutmeg twice a day.

Against a Vertigo.

TAKE of cypress-roots, two ounces; of aniseed half an ounce: make of both a very fine powder, and take thirty grains in a spoonful of wine, beer, or ale, when you go to bed. This medicine, continued for five nights, (besides other patients) cured a woman, who for divers years was troubled with a vertigo, and had used all sorts of other remedies, prescribed to her by London physicians, to little or no purpose.

For a nervous Head-ach.

TAKE of the gum-pills, and the pills of wash'd aloes, of each two drachms, with a drop or two of oil of cinamon: make them into middling pills; of these take three regularly once every week going to bed; and at other times as often as the head-ach returns; or as you are to be employ'd in affairs that require study or application.

Scheffer's Cephalick Balsam.

TAKE volatile salt of hartshorn, and of sal armoniack, each one drachm; chymical oil of mace, one scruple; highly rectify'd spirit of wine, one ounce: digest according

to art. This is a sort of sal volatile oleosum, to be dosed from twenty to thirty drops, and taken in a vehicle suitable to the intention, against pituitose distempers of the brain and nerves, stuffing and heaviness of the head by a cold palsy; as also against palpitation of the heart, hypochondriack, and hysteric affections. In a word, it may be useful where-ever volatile enlivening salts are indicated.

A Medicine to bring away Filth from the Nostrils.

TAKE turbith-mineral, half a scruple; powder of liquorice, half a drachm; nutmeg, one scruple; oil of rosemary, two drops: make it all into a powder, to be snuffed up into the nose in a very small quantity.

Those sorts of medicines, which physicians call'd *Errhines*, are to be us'd chiefly in the morning; but, if need be, at any other time also: they draw out of the head and nose abundance of water, mucus, and viscid phlegm; and are pertinently prescrib'd against such illnesses of the head, as are caus'd by tough, clammy matter, and have been of long continuance and obstinate; such as gravitative head-ach, palsy, and drowsy distempers.

This of turbith is wonderfully powerful, brings off especially thin lymph (as tho' it rais'd a salivation thro' the nose) so plentifully and streamingly, that none can imagine it, who hath not seen it: but if repeated too often, 'twill fret the membrane of the nostrils, and make it sore; therefore after every time of using it, it would not be amiss to snuff up warm milk or oil.

Another for the same.

TAKE marjoram-water, (or tea made with marjoram) one ounce;

ounce: dissolve it in salt of vitriol, half a scruple.

Etzmuller takes white vitriol, two drachms; water eight ounces: dissolves, and lets it stand to precipitate. Sometimes he allows but two scruples to eight ounces; but if it be too strong, it may easily be weakened to any degree with water.

'Tis one of the best medicines to bring away mucus, and plenty

of rheum: and, if it be made mild, it may be used to new-born babes, when their nostrils are stop'd.

See *Apoplexy, Epilepsy, Hypochondriack and Hysterick Disorders, Palsy, &c.*

H E A R I N G.

See *Ear.*

H E A R T.

See *Cordials, Stomach, &c.*

HEART-BURN, CRUDITIES, &c.

THE cardialgia, or heart-burn, (as tis call'd, not very properly) is a very troublesome pain in the upper orifice of the stomach. It may be caused by stale liquors, vinegars, spices, &c. by indigestion, exercise too soon after eating, over-much eating, emptiness, worms, &c. If is sometimes so great as to cause a nausea and vertigo. A slender diet, consisting of gruel, panada, sago, fat broths, oils, and jellies, is proper for it. A due quantity of any testaceous powders, such as oyster-shells, crabs-eyes, &c. seldom fails to remove it; and less seldom still the inner coat of a fowl's gizzard, dry'd, beaten to powder, and taken about one drachm at a time, especially when the stomach is almost empty.

Those subject hereto may always carry about them some lozenges made as follows, which generally are of great and immediate efficacy:

' Take calcin'd oyster-shells, washed by time on the sea-coast, so as to be as white within and without as mother of pearl; dry them well by the fire, and let them be beat and sifted as fine as possible: mix half a pound of it with half a pound of loaf-sugar well beat and sifted; wet it with a spoonful

' or two of milk and water, to make it a very stiff paste; then mould them into lozenges neatly, and bake them very dry in a slack oven, after every thing else is drawn.' These lozenges effectually sweeten the sour humour in the stomach, and help digestion. A trial of it on vinegar will demonstrate its immediate efficacy.

' Two drachms of chalk, one of red coral, an ounce of conserve of wormwood, taken to the quantity of a nutmeg night and morning, is a medicine that has been found effectual in the heart-burn.'

As also has the following:

' Two drachms of chalk, and two drops of oil of cloves, to half a pint of pump-water.'

Under this head we shall class Crudities arising from exercising too soon after meals, from stuffing, indigestion, &c. There are two very remarkable kinds of crudities, which physicians call the *acid* and the *nidorose*.

An *acid* crudity discovers itself by the heart-burn, by acid eructations, by thick or viscid phlegm, by costiveness.

A *nidorose* Crudity is attended with a heavy pain at the stomach about two hours after eating, and with belch-

belchings about five or six hours after, which are not sour, but insipid, sometimes putrid, sometimes sulphureous, and sometimes they retain the natural taste and smell of the victuals eaten; the face is often overspread with disorderly flushings; and the persons are most inclinable to be loose.

An acid or sour crudity is corrected by absorbent and alkaline medicines, by volatile aromatics, nutmeg, ginger, spirits of hartshorn, &c. The acidity being thus overcome, catharticks may be given. Cray-fish, jelly of hartshorn, &c. may be also given in this disorder. The following recipe is also good in this case; after having taken a gentle puke, *viz.*

‘Take powder of zedoary, one drachm; of crabs-eyes, two drachms; of chalk, half a drachm; make into a powder, and divide it into ten equal parts; take one morning and evening in a glass of sack, till the sourness and fulness ceases.’

Mint, sage, horse-radish, mustard or pepper, are also convenient salads in the acid crudity. See *Herbs*.

As to the *nidorose* or *stinking* crudity, an emetick should be given, or at least the body gently purged with rhubarb and tamarinds; and then the following is a good prescription, *viz.*

‘Take elixir proprietatis, one ounce; spirit of salt, or of vitriol, two drachms: digest them together; and take thirty drops after meals in a glass of Rhenish.’

Salads of sorrel, and lettuce; also raspberries, cherries, and such cooling things, and sour fruits, are good in this putrid sort of crudities. See *Herbs*.

The following receipts are well recommended.

A Powder for the Heartburn and swooning Fits.

TAKE the whitest chalk, six ounces; crabs-eyes, crabs-claws, of each one ounce and a half; treble refined sugar, half an ounce; oil of nutmegs, six drops; mix, and make a powder, adding to it fine bole, six drachms. Give the patient one drachm in the morning fasting, and at night going to bed, for a fortnight together, taking a gentle purge once in six days to carry it off.

An Emulsion to cure the Heartburn.

TAKE barley-water, two pints; dissolve it in gum Arabick, three ounces; add to it crabs-claws finely sifted, one ounce and a half; a sufficient quantity of fine sugar: mix, and make an emulsion. It cures the heart-burn, thickens and sweetens the blood, is good in stranguries and gonorrhœas, and useful in all complaints from sharp humours.

In almost all weaknesses and distempers of the stomach, chewing of rhubarb is good, especially in costive cases.

Always observe that stomachick medicines be given in a small dose, and by intervals, rather than to overpower the stomach at once by a load of medicines.

For the Heart-burn.

TAKE salt of wormwood, one drachm; juice of limons, compound wormwood, water of each, one ounce and half; crabs-eyes levigated, two drachms; mint-water, four ounces: fine sugar, three drachms, mix; take two or three spoonfuls three times a day.

of

Of HERBS, ROOTS, PLANTS, &c. used in Physick.

ALtho' we have already, under the head of ALIMENT, treated of the properties of many sorts of roots, plants, fruits, herbs, &c. as well physical as edible, yet, as these vegetables make the most fundamental and efficacious part of the materia medica, we think we ought to bestow an article purposely on this subject, and be as particular in it, as our compass will admit.

And, first, we shall treat

Of the Ingredients into which Vegetables resolve themselves by the most simple Operations of Cookery and Chymistry.

The two operations, viz. making an emulsion, and vegetable putrefaction, resemble animal digestion the most. 1. In making an emulsion, the oily parts of vegetables dissolve into a white liquor resembling chyle. 2. Vegetable putrefaction turns vegetable substances into an animal nature.

Amongst the ingredients of vegetables, that which constitutes the most spirituous and fragrant part of the plant is what passes by perspiration, and exhales by the action of the sun. Every plant has its atmosphere, which have very various effects on those who stay near them, producing head-achs, sleep, fainting, vapours; as others, a great refreshment of the spirits.

If to a plant you pour hot water, and let it stand a sufficient time, the liquor strained is called the infusion of the plant.

If the plant be boiled in the same water, the strained liquor is called the decoction of the plant.

The infusions and decoctions of plants contain their most separable

parts, and convey not only their nutritious, but medicinal qualities into the blood. Of all the essential salts of plants, that which is in most common use in aliment, is sugar, which rather dissolves phlegm, than increases it; for it grows tenacious only by long boiling.

Another manner of preparing vegetables is by expressing their juices. Those expressed juices contain the essential salt of the plant; for if they be boiled into the consistence of a syrup, and set in a cool place, the essential salt of the plant will shoot upon the sides of the vessels.

Those essential salts of plants differ, according to the plant unto which they belong; but are reduced into three classes: 1. Those of acid, astringent, austere vegetables, as of unripe fruits, which resemble the tartar. 2. Those of succulent watry plants, as endive, cichory, which afford a fine nitrous kind of salt, soluble in water, and very cooling. 3. Those from oily, aromack, and odoriferous vegetables, which will hardly afford any, till their oils be extracted from them. From hence it appears, that the expressed juices of vegetables, not filtrated very clear, contain their whole specifick virtues.

In the preparations of cookery, the most volatile parts of vegetables are destroyed. If any of them are retained, it is in decoctions which are made *in balneo*. Decoctions, when we take the liquor, contain the specifick virtues of the plants: when we feed upon the plant, it makes their solid parts more tender, and deprives them of a great deal of their more subtile oils.

The

The fibrous and solid parts of plants pass unaltered thro' the intestines, and sometimes, by sticking there, occasion great disorders.

Grains and nuts pass often thro' animals unaltered.

Vegetable substances contain a great deal of air, which expands itself, producing all the disorders of flatulency or windiness.

There are other preparations of vegetables by fermentation, whereby they are wrought up into spirituous liquors, which may be called by the general name of wines. Such fermented liquors have quite different qualities from the plant itself; for no fruit, taken crude, has the intoxicating quality of wine.

See *Aliment, Diet, Digestion, &c.*

Juices of herbs, says Dr. Fuller, excellently dilute, sweeten, purify, and soften salt, harsh, torrid, and irritable blood; convey off (by urine) saline and bilious recrements, refresh the estuating or overflowing hypochondria with a grateful refreshing coolness, correct a dry strigose habit with mollifying moisture; and (in my judgment) are the very first in the family of antiscorbuticks; and so much the more, because they are carried into the blood in their true natural state, and full and intire virtues, without being perverted and spoiled by coction, (or boiling) or any other ill-applied artifice. But they are more medicinal in the spring than any other time of the year; and that, not only because nature in human bodies being then of itself upon raising a *Ζύμωσις* and renovation of the blood, may be easily assisted in its work; but also because the juices themselves are then in their own nature, really much richer and efficacious, as *Simon Pauli* observes, saying, An evident proof that scorbutick herbs

are enriched with volatile salt, most especially in the spring season, is this, that if we prepare an essence or tincture of them at the end of April, or beginning of May, 'twill look like red Chio or Malvatick wine; which it will not do at other seasons of the year.

Notwithstanding this, we must take notice, that many herbs have a peculiar time for gathering, when their virtue is in full strength, more than at any other. For example,

Betony should generally be gathered in August, as well seed as roots; it should be dry'd in the shade; or if there be a necessity for it, in the sun. On occasion, it may also be gathered at any time for medicine; but that which is gathered before sun-rise, is best.

Swinegrass may be gathered when wanted.

Chamomile, in April.

Pellitory, in June, before sun-rise.

Red Dock, when you need.

Penywort, in the beginning of winter.

Tarragon, in June and July.

Columbine, in Lammas-moon.

Adders-tongue, in April.

Groundsel, after mid-day.

Wallwort, at pleasure.

Violets, in March, when the sugat and syrup of violets should be made. Oil of *roses*, of *chamomile*, of *poppies*, and of *rosemary flowers* in May.

Centaury should be gather'd when it begins to flourish. *Baldmary*, as centaury is by some called, if gather'd in the latter end of the year, may be kept four years. The roots, which are the parts used, are known by their bitterness, and the more bitter the better; they are of a darkish yellow colour.

Origany, or wild-marjorams, are gather'd in June.

Harts-

Harts-tongue, in November.

Christologi rotunda, and the other sort, in harvest-time.

The *Lichen cinereus sylvestris*, or ash-coloured Ground-liver-wort, so much recommended by the famous Dr. Mead, in the cure of the bite of a mad dog, (see *Venomous Bites*) should be gathered in October or November.

Garlick, when you please.

Wild Garlick, when it perishes.

Agnus Castus, when flourishing.

Gourds, at the end of September, or in October, when ripe, and laid to dry in a place where the sun comes to them all the day.

Juniper-berries should be gathered when yellow.

Cucumbers, when ripe; and the fruit should be laid under vines, where the sun has not full force, and in a moist place, to rot, which will better the seed.

Citruls, when ripe, and should be dried in the sun.

If *Calamint* be design'd to make the water of that name, it should be gathered when it flowers, and dried in the shade, and then it will keep good a year, but not longer.

Saffron, should be gathered before sun-rise.

Hellebore, in harvest-time.

Fenel, in the beginning of the same time, and it may be kept a year. *Fenel-roots* may be taken up at the beginning of the year, and will keep the same time.

Galengal may be gathered at any time of the year. It must be laid three days in the sun to dry, lest it rot, and then kept in the shade.

These general directions also should be observed; viz. That

Seeds should be gathered when full ripe, and when their moisture is a little dried away. *Flowers*, when they begin to fade. *Herbs*, when

full of moisture, and before they begin to shrink. *Roots*, when the leaves fall. *Fruit*, when arrived at full bigness, before they fall, and always in dry weather; and the heaviest and compactest fruit is always to be preferred to that which is larger and lighter.

Herbs which grow in the open fields and air, are always better than those that grow in closer gardens; and those which grow on hills best of all, tho' field herbs, it must be observed, are commonly smaller than garden herbs.

Juices of herbs, says Dr. Fuller, may be preserved good for medicinal use three ways: 1. By boiling, and putting sweet oil upon them, as is used in flasks of wine. 2. By boiling away a quarter part, carefully scumming, and then adding to every pint of juice two or three ounces of brandy. 3. By letting them settle, decanting of the clear, and putting them into bottles fumed with sulphur. And this way is judged the best of all. See *Infusions*.

A Collection of medicinal Herbs, Plants, Fruits, &c. ranged according to their several Qualities.

Tart or acid Vegetables.

The fruit, juice, flower, bark of floses, to be given in thickened juices from four grains to a drachm.

Thickened juice of German floe, or bullace-tree, from six grains to a drachm and a half.

Juice of a sort of sorrel.

Ladies-mantle.

Wild tansey.

Bellirica, one drachm to four.

The fruit and juice of barberries.

Root of snakeweed.

Fruit, bark and root of capers.

The

The unripe fruits and leaves of the cornel-tree.

The fruit and leaves of the cypress-tree.

The flowers, fruits and root of sweet-briar.

Quinces and pears, and their quid-dany.

Root of fern.

Bark of ash-tree.

Flower, fruit and bark of pomegranates.

Sr. John's-wort, whole.

Thick juice of rape of cistus, from one drachm to five.

Leaves, flower, seed and root of dock.

Unripe fruits of medlars.

All sorts of nuts of Egypt, from five grains to two drachms.

Myrtle-leaves.

The leaves and flowers of the large lily.

Verjuice.

Burnet.

Purslane.

Wild plums.

Sour pears.

Leaves and nuts of oak.

Cinquefoil.

Rhubarb from half a drachm to two drachms.

Rose-flowers.

Burnet.

Greater housleek.

The fruit of the service-tree.

The fruit of tamarinds, from one to two ounces; with the pulp sufficiently pressed and cleansed, from half an ounce to two ounces.

Tamarisk-bark.

The earth falsely called catechu.

Root of tormentil.

Very tender Pot-herbs, and tender mealy Herbs.

Pot-herbs, or the like.

Orach. Potatoes, or Jerusalem-artichoke. Beet. Borage. Red

cabbage. Pig-nut, or earth-nut. Chervil. All the succories. Artichoke. Cucumbers. Dandelion. Endive. Almost all kinds of lettuce. Parsnips. Purslane. Turneps. Skirret-root. Vipers-grass-root. Spinach. Yellow goat's-beard-root. Meadow valerian.

Mealy Herbs, &c.

Sweet almonds. Oats. Buckwheat, or Saracen-corn. Barley. Mays. Millet. Rice. Panick. Pittachia. Wheat. Rye. Spelt.

Watry, somewhat mealy, somewhat oily, soft, and mollifying Herbs, &c. used in Medicine.

Yellow-mallow. Root, leaves, flowers and seeds of vervain-mallow. Chick-weed. Daisy. English mercury. Bear's-foot. Greater, less and middle comfrey. Hound's-tongue. Henbane-leaves. Roots of white lilies. Toad-flax. Flax. Piles-trefoil, and sweet-trefoil. The leaves, flowers and root of mallows and water-mallows. Flowers and leaves of melilot. Mercury. Pellitory of the wall. Leaves and buds of black poplar. Self-heal. Jerusalem sage. Elder-leaves and flowers. Scabious. Solomon's-seal. Night-shade. Orpine. Stinking trefoil. Mullein. Violets. Rustick vulnerary. Fresh butter. Cream. The fat of fowls, as ducks, geese, and capons. Bullock's-liver. Soft oils of mild mealy ingredients. Oil of bitter and sweet almonds. Linseed-oil. Oil of olives. Oil of palm. Oil of white poppy. Oil of nightshade. Oil of sweet trefoil. Oil of violets.

Vegetables against four Humours.

Wormwood. Jack-by-the hedge. Garlick. Dill. Healthful-wolf's-bane. Angelica. Anise. Smallage. Long-

Long-rooted and round birthwort. Wild radish. Wake-robin. Asparagus. White asphodel. Basil. Cabbage. Sweet-flag. Calamint. Holy-thistle. Lady's-thistle. Caraways. Avena. Cloves. Scurvy-grass. Onions. Less centaury. Wild carrots. Garden-rocket. Eringo. Flix-weed. Hemp-agrimony. Greater and less galingale. Elecampane. Dittander. Sweet-marjoram. White horehound. Feverfew. Spurge-olive. Navew-gentle. Water or garden-creffes. Wild pennyroyal. Wild marjoram. Pepper. Leek. Pellitory of Spain. Radish-root. Rue. Sope-wort. Satyrium. Mother-of-thyme. Savine. Summer-savory. Small houseleek. Mustard. Squills, or sea-onion. Thyme. Treacle-mustard. Victorialis. Nettle. Zedoary. Ginger.

Stimulating Medicines are such as by their Size, Thickness, Figure, Moveableness, being impelled against the Fibrils of the Vessels, increase the contractile Force.

The Leaves of the following may be called acrid Aromaticks; viz.

Those of wormwood, southernwood, maudlin, dill, anise, birthwort, wake-robin, wood-betony, calamint, mother-wort, germander, ground-pine, greater celandine, scurvy-grass, dittany, noble liverwort, flix-weed, hemp-agrimony, fenel, ground-ivy, tree-ivy, hyssop, bay, lovage, sweet-marjoram, horehound, feverfew, melissa, mint, creffes, wild pennyroyal, tobacco, wild marjoram, dittander, arse-finart, leek, pennyroyal, rosemary, rue, savine, sage, summer-savory, water-germander, mother-of-thyme, Scottish scurvy-grass, thyme, tansey, treacle-mustard, male speedwell, nettle.

The Flowers of the following are called stimulating Aromaticks; viz.

Those of maudlin, orange, marigold, clove-gilly-flower, lesser centaury, chamomile, citron, saffron, hemp-agrimony, lily of the valley, hops, melilot, Syrian herb-mastich, sage, scabious, camel's-hay, lavender-spike, tansey, lime-tree.

The Roots of the following may be called stimulating Aromaticks; viz.

Those of sweet-flag, garlick, angelica, healthful wolf's-bane, birthwort, wild radish, carline thistle, avens, onions, greater celandine, counter-poison, costmary, sweet and bitter costus, turmeric, fow-bread, cyperus, doricum, bastard dittany, root of fumitory, galingale, gentian, elecampane, masterwort, fleur-de-lys, lovage, spignel, rest-harrow, butter-bur, rock-parsley, hogs-fenel, piony, leek, pellitory, pellitory of Spain, radish-root, madder, butchers-broom, male satyrium, figwort, common hart-wort, squills, wild valerian, victorialis, swallow-wort, zedoary, ginger.

The following Seeds may be called stimulating Aromaticks; viz.

Those of malacca bean-tree, dill, anise, smallage, columbine, burdock, caraways, celeri, kermes-berries, coriander, cubeb, cumin, carrot, garden-rocket, flix-weed, fenugreek, juniper, bay, alisander, navew-gentle, creffes, fenel-flowers, parsnip, rock-parsley, leek, radish-root, worm-feed, common hart-wort, mustard, treacle-mustard, nutmeg, peach-stones.

The following Barks may be called stimulating Aromaticks; viz.

Those of guaiacum, sassaparilla, juniper, orange, citron, limon, cariglias, cinamon.

The following Saps may be also called stimulating Aromatics; viz.

Those of aloe, ambergris, liquid amber, gum ammoniac, anise, assa foetida, bdellium, benzoin, elemi, fenel-giant, juniper, lack, ladaniferous shrub, mastich, myrrh, sagapenum, storax, tacamahaca, frankincense.

The following Herbs, Plants, &c. are good against Diseases arising from a spontaneous alkaline Humour.

Alcalescent Herbs, and such as generate the Alkali in the human Body.

Edible, and fit for Pickling, some poisonous.

Wormwood, jack-of-the-hedge, garlick, small madwort, wild radish, wake-robin, wild orach, asparagus, winter cresses, cabbages, white briony, black briony, turnep, treacle worm-seed, Guiney pepper, motherwort, meadow-cresses, Mexico-seeds, less centaury, germander, celandine, pilewort, scurvy-grass, onions, toothwort, fox-glove, garden-rocket, flix-weed, German or pine spurge, hemp-agrimony, hedge-hyssop, sciatica-cresses, spurge-laurel, dittander, navew-gentle, water-cresses, garden-cresses, rose-bay, arse-smart or lake-weed, leek, radish-root, rue, favine, summer savory, lesser sharp housleek, mustard, squills, treacle mustard, victorialis.

Milder antiscorbutick Specificks.

Male southernwood, female southernwood, broad-leaved wormwood, narrow-leaved wormwood, all sorts of sorrel, all sorts of petty-sorrel, everlasting, agrimony, male pimpnel, female pimpnel, mugwort, costmary, burdock, sea-purslain, oak of Jerusalem, red-top cabbage,

turnep, box, chervil, germander, ground-pine, succory, colewort, cuminoides, endive, hemp-agrimony, fenel, fumitory, both sorts of galingale, ground-ivy, sorrel, alifander, sweet-marjoram, melissa, mint, water-cresses, garden-cresses, moneywort, rhubarb, sage, scabious, water-germander, flix-wort, male-speedwell, nettle.

Aromatick fragrant Fruits.

Oranges, citrons, pomegranates, limons, barberries, all sorts of ripe cherries, strawberries, goosberries, mulberries, four-sweet apples, apricocks, peaches, all sorts of ripe plums, the common blue bramble, the red bramble, the rasp-berry tree, elder, tamarind, the Idean vine.

The sharper Scorbuticks.

Acriviola, garlick, jack-of-the hedge, wake-robin, wild-radish, wormwood, onions, greater celandine, scurvy-grass, elecampane, flixweed, garden-rocket, gentian, hedge-hyssop, woad, pepperwort, or cresses, leek, pellitory-dragon, garden radish-root, wild radish-root, rue, favine, worm-seed, soap-wort, lesser sharp vermicular housleek, mustard, water-trefoil.

Antiscorbuticks gently binding.

Capers, flower of broom, ash-tree, sorrel, and all its species, hops, oak-fern, rhubarb, tamarisk.

Cooling Antiscorbuticks.

Tartar, and all tartarized Acids.

Oranges, citrons, limons, China oranges, pomgranates, summer-fruits, four-sweet, whey, sorrel, petty-sorrel, succory, milk and water in summer, endive, lettuce, sow-thistle, butter-milk.

Strengthening, drying, chearing, anti-scorbutick Herbs, proper for curing the Rickets.

Liverwort, betony, bark of root of capers, ceterach, succory, dodder, diapensia, endive, male fern, agrimony, harts-tongue, melissa, nut of Egypt plums, royal oak-fern, oak-fern, oak leaves, and acorns,

rhubarb, leaves and root of bramble, wall-rue, scabious, bark, flowers and leaves of tamarisk, maiden-hair, male speedwell.

See *Aliment, Diet, &c.*

HERPES.

See *Cutaneous Distempers.*

The HICCOUGH or SINGULTUS.

THIS distemper, which is a convulsive motion of the diaphragm, is cured sometimes by sneezing only. Sometimes it becomes incurable.

Proper remedies are, laudanum with cordials, preserved ginger, stomachicks, carminatives after a vomit, and purging with calomel, &c.

Externally, a cataplasm of sharp leaven, with powder of mint, and other aromatics suppled with oil of castor, &c.

Inwardly, the inner skin of a fowl's stomach, dried and powdered.

If the distemper is obstinate, and the patient strong, vomits are proper.

Some apply a fomentation, hot, to the stomach, with a sponge; or hot bread moistened with vinegar boiled with castor, pepper, and mustard.

A quack cured a girl only with spirit of rust.

The aurum mosaicum, stomachick cataplasm, spirituous and stomachick fatus's, are well known to the physicians, when to be used; but above all the julapium moschatum, whose effects are accounted almost supernatural.

An ounce of skirret-roots boiled in a pint of good red-port, and a large coffee-cup full taken blood-warm, when the hiccough is troublesome, has been of service in this case.

Two or three preserved damascens have also done good even in a fever, as Mr. Boyle says.

See *Fever, &c.*

HIP-GOUT.

See *Sciatica.*

HYSTERICKS.

See *Hypochondriack Disorders.*

HYPOCHONDRIACK and HYSTERICK DISORDERS, SPLEEN, VAPOURS, LOWNESS, and other Nervous Complaints.

WE have already touched upon several species of these disorders under the heads of Apoplexy,

Epilepsy, Fever, Fluxes, Feminine Disorders, Head-ach, &c. as we shall also of other species under Palsy, &c.

&c. but have reserved what follows to this head, as its peculiar place.

These melancholy distempers, we need not say, are owing to a bad state of the nerves, which may be induced by numberless causes, as a weak constitution, hard labours in women, colds, miscarriages, long sickness, violent grief, a studious and sedentary life, &c. a richness, and, its opposite, poverty of blood, will also bring them on. In men the distempers are called *Hypochondriacal*, in women *Hysterical*; in the one sex *Spleen*, in the other *Vapours*; but as the effects in both are owing pretty much to the same causes, (excepting in cases purely feminine, for which we refer to *Feminine Distempers*) we shall rank them under one head, and give the following prescriptions for both promiscuously, from the best authorities and experience, and the rather as the titles prefixed, or descriptions added, will point out the maladies in which they may be used with most effect and propriety.

We shall first touch upon an *hysterical Colick*, in which it will be proper to observe the following directions.

Hysterick Colick.

In this disorder there is nothing more dangerous than the use of clysters, which provoke the fibres, and excite stronger convulsions, thereby rendering the disease harder to be cured, and sometimes causing it to become mortal. It arises from the animal spirits being not rightly disposed; for if it lay in matter, then it might be relieved by vomits, or purging, bleeding, &c. whereas they constantly excite this disorder; which if rightly considered, it would be found, that instead of making use of evacuants, and such things as raise a perturbation of spirits, ano-

dynes would be more proper to be given, and thereby allay the inordinate motion of them: but above all, care ought to be taken, that the use of tobacco clysters, which some persons are mighty fond of, be wholly laid aside, they being extremely dangerous, by causing sickness and anguish at heart, swooning, vomiting, cold sweats, death-like paleness, and other frightful symptoms. See p. 168.

For a Palpitation of the Heart, convulsed Nerves, Hurry of Spirits, involuntary Twitchings, &c.

TAKE Russia castor, one scruple; English saffron, twelve grains; powder ad guttetam, one drachm; conserve of rue, two drachms; syrup of peony, as much as will make a mass: divide into four doses, and take one morning and evening, drinking after it four spoonfuls of the following julep:

Take rue-water, five ounces; pennyroyal-water, three ounces; compound briony-water, two ounces; spirit of hartshorn, one drachm; Venice-treacle, sugar, each two drachms: mix. Four spoonfuls of this julep may be also taken when a fit is troublesome.

For an Effusion of Bile or Choler, on a violent Agitation of the Spirits.

THIS often happens to hypochondriack or hysterick persons, when they are greatly afflicted or disturbed. Vomits or purges would but aggravate the symptoms; the following pills therefore have been often tried with success:

Take assa-fetida, gum ammoniacum, galbanum, castor, salt of amber, of each one scruple; tincture of castor, a sufficient quantity to make a mass: twenty-four pills in a drachm; take two or three every night

night and morning, or oftener, if occasion require, with three or four spoonfuls of this julep:

Take rue-water, black-cherry-water, pennyroyal-water, hyssop-water, of each two ounces; tincture of castor, two drachms; loaf-sugar, three drachms; mix: to be taken with the pills, and by itself at pleasure.

Pills for Hypochondriack Persons.

TAKE gum ammoniacum, assa-fetida, myrrh in powder, rust of iron, succotrine aloes, extract of gentian, of each one scruple; syrup of the five opening roots, enough to make twenty-four pills: take three every night and morning with a draught of bitter wine.

For an Effusion of Bile or Choler, on a violent Agitation of the Spirits.

TAKE volatile salt of hartshorn, one scruple; steel or iron, in fine powder, one drachm; extract of gentian, two scruples; balsam of Peru, so many drops as will make small pills; of which take three, morning and evening, in a spoonful of the following julep, drinking four spoonfuls afterwards:

Take black-cherry-water, four ounces; rue-water, six ounces; compound peony-water, two ounces; confection of Fracastorius, two drachms; syrup of white poppy, four drachms; powder of crabs-eyes, one drachm: mix.

Opiates and astringents, as the learned communicator observes, have a good effect for stopping the flux or vomiting proceeding from this hurry in the fits themselves; but he holds it safer, out of the fits, to depend upon the former recipe: tho' he observes both methods are adviseable, one in, and the other out of the fits.

A generous Cordial, good against the Palpitation of the Heart.

TAKE saffron clipped small, eighteen grains; cochineal, bruised, and tied up loosely in muslin, two scruples; waters of black-cherry, four ounces; of mint, two ounces: having given it a close and warm digestion for an hour, pour to it good Canary, four ounces; then strain, and squeeze out the liquor, and add to it oil of cinamon, nutmeg, cloves, of each two drops; the yolk of one egg; Matthias's spirit of lavender, a drachm and a half; juice of kermes strain'd, syrup of raspberries, of each half an ounce; syrup of clove-gilly-flowers, one ounce; and two leaves of gold: mix up all together in a glass mortar.

For Lowness of Spirits, Want of Appetite, and bad Rest.

TAKE of the bitter simple infusion, made with an ounce of bark to a quart of the infusion: add to this two ounces of the stypticum Helvetic. mix, and take four spoonfuls two hours before dinner and supper, for a week or ten days successively.

A Draught for Lowness, Fainting &c.

TAKE black-cherry-water, alexiterial milk-water, each one ounce; mint-water, one drachm; epidemial, and peony-compound waters, each two drachms; confection of alkermes, one scruple; of nutmeg, one drop; syrup of gilly-flowers, three drachms: mix.

Valuable Powder for Hypochondriack Vapours.

TAKE choice rhubarb, cream of tartar, aniseed, liquorice, of each one drachm; white sugar-candy

half an ounce: reduce all to a powder.

A scruple may be taken two or three times a day, according as is found agreeable and needful.

For Lowness of Spirits, Fainting, and Palpitation of the Heart.

TAKE water of black-cherries, two ounces; of mint, damask-roses, orange-flowers, coelestis, each one drachm; strong cinamon, and compound-peony-waters, each two drachms; confection of alkermes, Gascoign's powder, each one scruple; oil of cloves, one drop; syrup of gilly-flowers, three drachms: mix, for one dose.

Hysterick Powder, good to strengthen the Brain, and the whole nervous System, and in a threatened Epilepsy.

TAKE roots of white briony, one drachm; peony-root bearing a white flower, two drachms; castor, two scruples; salt of amber, one scruple; oil of amber, four drops: make a powder; take half a drachm twice a day, in four spoonfuls of any proper julep.

An excellent anodyne Application for nervous Cases.

TAKE brandy, four ounces; camphire, half a drachm; opium, two drachms: dissolve.

It comforts the nervous parts, by its warmth; appeases the raging spirits; penetrates deep; sets open the pores; attenuates or thins; dissipates; blunts the edge of the painful matter, and drives it off by sweat. It may be of use in an iliac passion, or twisting of the guts, as it is call'd.

Oil of Earth-worms, good for the Joints, and to ease gouty and wandering Pains, and to strengthen the Nerves.

TAKE of earth-worms, well washed, and cut to pieces, six

ounces; white-wine, half a pint; oil-olive, a pint and a half: boil them together, till the wine is exhaled; and, lastly, strain off the oil through a piece of canvas,

For the Vapours.

TAKE galbanum, myrrh, and assa-fetida, of each a drachm; castor, half a drachm, mix'd with a sufficient quantity of balsam of Peru: make it into pills; to every drachm make twelve pills; take three every night; drink bryony-water after, three or four spoonfuls.

For Sinking of Spirits.

TAKE gum ammoniack, one drachm; assa-fetida, half a drachm: dissolve, and mix it in penyroial-water, six ounces; add syrup of saffron, half an ounce: mix them. Take two spoonfuls twice or thrice a day.

Against low Spirits.

TAKE twenty-five grains of pill-fetida; of scammony, and salt of amber, each five grains; oil of amber, two drops; a sufficient quantity of balsam of Peru: mix 'em, and make five pills, to be taken next morning with proper regimen.

For Lowness of Spirits, bad Appetite, &c.

TAKE a mass of gummosse pills, and aloes wash'd, each two drachms; extractum ecphraticum, and quinquina, each one drachm; balsam of Peru, a sufficient quantity: mix 'em, and make into pills; of which take three every night at going to bed. For ordinary drink, use Pyrmont-water with a little wine.

A most excellent Anti-hysterical Julep, which breaks off a Fit, and often hinders its Return.

TAKE water of elder-berries, and black-cherries, each six ounces;

compound briony-water. one ounce; then fire four scruples of camphire, and quench it in this mixture; fire and quench it again and again, till the camphire be quite consumed; at last add syrup of elder-berries, and black-cherries, each one ounce and a half: mix, and take to a dose two or three ounces.

For Lowness of Spirits, or Hysterical Affection.

TAKE troches of myrrh, fifteen grains; castor, six grains; salt of amber, three grains; camphire, two grains; mix, for a powder to be taken night and morning.

To revive a Person in an Hysterick Fit.

TAKE burnt feathers, or brown paper, or woollen cloth, set on fire; hold it under the nose, during the time of the fit.

For the same.

TAKE assa-fetida, two drachms; camphire, one drachm; white-wine vinegar, four ounces: make a mixture, warm it, and let the steam go into the mouth and nose, during the fit.

To prevent the Return of the Fit.

TAKE tincture of hiera picra, two ounces and a half; elixir proprietatis, one drachm: mix them for a draught.

To smell to, in order to dissipate as well as prevent the Fits.

TAKE castor, in fine powder, half a drachm; assa-fetida, one scruple; oil of amber, half a scruple: mix them, and tie them up in a bit of silk. Let it be often held to the nostrils in the time of the fit. It is good to smell to at other times, by way of prevention; in which case it has been known to have been used with success.

For the Hysterick Colick.

TAKE half a drachm of zedoary, reduc'd to a fine powder, and

make a bolus, with a sufficient quantity of syrup of citron-peel: take it every morning and evening for thirty days together, drinking the following infusion after it:

Take half an ounce of zedoary, cut into small pieces; infuse it in four ounces of Canary wine; and when it has stood twelve hours, strain it for use.

Soot-Drops for nervous Affections.

TAKE wood-foot, assa-fetida, each one ounce; salt of hartshorn, two drachms; put these into a pint of brandy, and let them steep ten or twelve days; then pour it off clear in bottles: take twenty-five drops at any time in water. 'Tis good for all disorders of the nerves and faintings.

An Hysterical Mixture.

TAKE gum ammoniack, two scruples; galbanum, one scruple: dissolve them in black-cherry-water, six ounces; and make a mixture, of which take one spoonful in the morning daily, and in the fits.

Spirit of Saffron, an excellent Anti-hysterick.

TAKE of saffron clipped small, four ounces; rectify'd spirit of wine, three quarts; spring-water, two gallons: draw off a gallon. It is a great promoter of sweat, a comforter of the heart, an excellent pectoral, and anti-hysterick, and forwards the menses. The dose is from fifteen to twenty drops in a suitable vehicle.

Chalybeat waters are generally prescribed with success in these complaints. See *Chalybeat*. And *Tunbridge waters* are used with good effect for the same purpose; and for the benefit of such as have not conveniency to go to that place, and entering a course of them there, the honourable Mr. Boyle communicates a method of counterfeiting them,

them, by taking steel-filings, one part; distill'd vinegar, ten parts; he digests them in *Balneo Maria*, till they become of a gold colour; then he decants; he takes eight ounces of water, and puts four drops of this tincture into it, and it exactly resembles in taste and virtue the waters of the Tunbridge wells.

And many people have found benefit by the waters of the new

Tunbridge wells, near Iffington.

We shall conclude this article with a caution against the too liberal use of spirit of hartshorn, which has been known to be attended with hæmorrhages, and so ought to be discretely used, and in some feminine cases not at all.

See *Apoplexy, Breast, Epilepsy, Feminine Disorders, Fever, Fluxes, Head ach, Palsy, Scurvy, &c.*

J A U N D I C E.

THE jaundice often takes rise from grief, and occasions a yellowness most commonly with the heartburn. If it inclines to greenness or blueness, it is called the Black-jaundice. The yellower it is, the easier it is cur'd. It sometimes follows the colick; in which case purge only with rhubarb, and it will, generally speaking, go away of itself; but if it should prove otherwise, use the following apozem:

' Take red dyers-root, and turmeric, each one ounce; greater celandine with the whole, and tops of lesser centaury, each half an ounce; boil them in spring-water, and Rhenish wine, each an equal quantity, to a quart; strain; add to it syrup of five roots, two ounces: mix 'em, and make an apozem. Take half a pint morning and evening, till the cure is perfected.'

Begin the cure of the jaundice with a vomit:

' Take nine sole-root-leaves cut and bruised; pour in it a jill of white-wine, and make an extract.' Or,

' Take root of sow-thistle, and of greater celandine, each one ounce; leaves of succory, and of strawberries, each one ounce and

' an half; white horehound-leaves, half an ounce; fena-leaves, and white tartar, each one ounce: infuse it in white-wine and spring-water, each an equal quantity; boil it to a quart; strain it, &c.'

If there be a suspicion of a scirrhous in the liver, fomentations and the following plaister are proper:

' Take mallow-leaves, wild-mallow-leaves, melilot-flowers, and chamomile-flowers, each one ounce; melissa-leaves, and ground-pine-leaves, each half an ounce; fenugreek-seeds, one ounce and a half: boil it in two quarts and a pint of spring-water; adding towards the end a quart of white-wine for a fomentation.'

Sheep's-dung infus'd in beer is a remedy in high repute among the poorer sort of people.

If the liver is hard, the case is desperate; if otherwise, bathe the side with woollen cloths; then put upon it plaister of hemlock with ammoniack, or of frogs with mercury.

If the distemper continues long, it is a presage of the dropsy.

Half a drachm of Castile soap, dissolved in a draught of white-wine, will provoke urine in the jaundice and dropsy.

If the distemper should continue long,

long, Tunbridge waters should be drank, if possible, on the spot.

In an obstinate jaundice, Ethiops-mineral is a most powerful remedy. The white part of the excrements of birds, which is their urine, or the white part of goose-dung, is good in the jaundice.

A common remedy among the country people, is the swallowing nine live lice every morning, for five or six days, with which several have been cured, after the failure of other medicines.

A very skilful physician gives the following directions under the head of

Inflammations of the Lungs.

These, says he, are not so frequent, as in some other parts of the body; but when they obtain, are extremely dangerous, unless they take up but a small part of the liver, and such happen more frequently than is commonly imagined.

Some of the best cautions, as to diet, may be taken from the causes and symptoms of this disease; which, besides the general causes of inflammations, are extreme fatness; which, dissolv'd by heat and inflammations, obstructs the vessels of the liver very suddenly. An atrabilarian adust temper of the blood and gall, an acrimonious or purulent matter, stagnating in some other organ, is more easily deposited upon the liver than any other part, especially if attended with the use of hot and spicy aliments, spirituous liquors, great heat, and a fever; erosions, by the acrimony of the gall, or obstructions by viscosity; any callosity, scirrhus, or stone in the liver; thirst, long endur'd, being suddenly chill'd by cold air, cold water, or drinking cold liquors after great heat; vomits given injudiciously, when the liver is

already unsound, which, if they do not remove the obstruction, exagitate the liver too much; inveterate hypochondriacal distempers: all these causes may produce inflammations of the liver.

In such a case, the liver being swell'd, compresses the stomach, diaphragm, and the neighbouring viscera of the lower belly, stops the circulation of the juices, the generation and excretion of the gall, and all digestion; produceth an infinity of bad symptoms, the jaundice, with all the diseases depending upon it. A fever, an inflammation and pungent pain on the region of the liver and diaphragm, a tension of the hypochondres, yellowness of the skin and eyes, and a saffron-colour'd urine, are signs of an inflammatory disposition of the liver.

This disease ends as other inflammations, being cur'd either by resolution, concoction, and excretion of the morbid matter, or terminates in an abscess, scirrhus, or gangrene.

During the first state, a warm regimen and saffron, which is reckoned a specifick, is improper.

Cooling, resolving liquors taken inwardly, as whey, with sorrel boil'd in it; outward fomentations, and frequent injection of clysters, bathing and frictions, relax, and render the matter fluid; honey, with a little Rhenish wine, or vinegar, the juices and jellies of some ripe garden-fruits, and those of endive, dandelion, lettuce, are resolvent.

Violent purging hurts; gently relaxing the belly relieves; diluents with nitrous salts are beneficial, or tamarinds boil'd in warm water or whey. Bloody stools, not in an extreme degree, or only streak'd with blood, ought not to be stop-

ped,

ped, because they help to resolve the distemper, and hæmorrhages by the nose often do the same. The feverish matter is often carried off by urine, and therefore diureticks, not highly stimulating, are proper. Sweating ought not to be promoted by warm cordials, but encouraged by warm diluting liquors.

It is a deplorable case, when the inflammation terminates in a supuration, unless the abscess points outwardly, so as it may be opened; for if the pus be evacuated into the abdomen, it produceth dismal symptoms, putrefaction, or an incurable dysentery, or bloody-flux.

The pus, from an ulcer of the liver, growing thin and ichorose, corrodes the vessels: it is often carried into the blood, and rejected by vomiting, with a cadaverous smell, attended with great thirst; if it is carried downward, it occasions a purulent colliquative diarrhoea; acid substances relieve most in this case.

This disease may happen to produce a cancer, or scirrhus; one cannot say, that the last is absolutely incurable, because it has been known by experience, that grass and fresh pasture has cur'd it in cattle; and perhaps the express'd juices of grass, and some opening plants, may do the same thing in mankind, as of the milky plants above-mention'd.

The diet prescrib'd here is necessary in a jaundice, and all diseases of the liver; and abstinence from such substances as induce putrefaction, especially salted fish and flesh, and, above all, strong liquors.

We shall add the following recipes, which have been found effectual in different cases of the jaundice.

Mr. Boyle's Medicine for the Jaundice in Children.

TAKE half an ounce of choice rhubarb made into powder:

incorporate with it exactly, by long beating, three ounces of well chosen and cleans'd currans. Of this electuary let the patient take every morning about the quantity of a nutmeg, for several days together.

Mr. Boyle's specifick Remedy for the Yellow-jaundice.

TAKE half a drachm of good saffron dried, to be rubb'd in a glass mortar into powder, and incorporate it well with two drachms of choice turmeric. In the meantime take two ounces of fresh sheep's-dung, and let it steep in about a quart of strong ale in a moderate heat, till the liquor be fully impregnated with the virtue of the dung; then strain it lightly thro' a linen cloth, into a pint of it, or as large a draught within the limit as the patient can well take: give about half a drachm of the foremention'd mixt powder. This do in the morning fasting, and in the evening about bed-time, giving also another dose the morning after the first.

For the Yellow-jaundice.

TAKE rhubarb, two drachms; saffron, mace, each a drachm; hemp-seed, one ounce: bruise them, and put therein a quart of white-wine, and set it in a gentle heat to extract; then take, mornings and evenings, in an empty stomach, about a quarter of a pint; and when all is spent, pour on some more wine upon the ingredients, adding a little fresh rhubarb and saffron, and use it as before.

Excellent Pills for the Yellow-jaundice.

TAKE cream of tartar, cochineal, each half a drachm; Venetian soap, two drachms: beat these up into pills. Or, instead of cochineal may be used Barbadoes indico.

I have experimented these, says Dr.

Dr. Fuller, and recommend them as excellent for the jaundice. Let half a drachm be given thrice a day, till the disease be conquered, which will be in a short time, unless some almost invincible tumour, or obstruction, in the liver or gall-passages, hinder.

For the Jaundice and Dropsy,

TAKE horse-radish sliced, two ounces; mustard-seed bruised, one ounce; live millepedes, one hundred: infuse them for a night (in a very close vessel) in a pint and half of boiling water; strain it, and add three ounces of the syrup of the five opening roots: take four ounces every night and morning.

A most prevailing Medicine for the Jaundice.

TAKE Venice-soap, (scrap'd very thin) from two scruples to four: boil it in cows milk from six ounces to four; then add sugar, three drachms, and strain it. Let it be given morning and afternoons for four or five days.

Mynsicht's elixir of vitriol is very good for the jaundice, taken from ten to forty drops three times a day in a glass of white-wine and water.

Pills for the Jaundice.

TAKE Venice-soap, two drachms; fine rhubarb in powder, two scruples; saffron one scruple; extract of gentian, a sufficient quantity to make a mass of pills; ten out of a drachm: take five twice a day in a wine-glass of bitter wine.

An Electuary for the Jaundice, and Obstructions of the Spleen.

TAKE conserve of Roman worm-wood, one ounce; extract of

gentian, one drachm; Venice-soap, live millepedes, of each three drachms; syrup of the opening roots, enough to make an electuary: take the quantity of a nutmeg three times a day.

A great Arcanum against the Jaundice.

TAKE troches of vipers, (or rather vipers flesh dry'd) fifteen grains; salt of amber, three grains; saffron, two grains: make a powder.

Dr. Willis's Prescription for the Jaundice.

TAKE the roots of the greater nettles, a pound; saffron, a scruple; bruise them well, and extract a tincture with white-wine. Take three ounces in the morning for four or five days.

For the Black or Yellow-jaundice.

TAKE the inner rind of barberry-bark sliced thin, one ounce; saffron, half a drachm; red sanders, half an ounce: infuse a whole night in white-wine, in which gads of steel have been quench'd: take a quarter of a pint of it every morning.

General Remedies proper in the Yellow-jaundice, and Diseases of the Liver.

Garden and meadow-sorrel, round-leav'd and petty-sorrel, wild orach, English mercury, wild and garden succory, dandelion, wild endive, endive, fumitory, hawk-weed, lettuce, ditch-dock, purslain.

See Dropsy: Also Confectionary and Distillery.

ILIACK PASSION.

See Twisting of the Guts.

I M P O S T H U M E.

To make the Imposthume-water, or Drink.

WASH and scrape an handful of burdock-roots, and pull off

the outward bark of them; then take unset hyssop, thyme, and comfrey, as much of each as you can hold between two fingers: boil these in a gal-

a gallon of ale, till it comes to two quarts; strain it, and put half a pint of honey to it, and set it on the fire again, till it boil; then divide it into nine parts, and drink it in the morning fasting, and in the evening: it will cure any imposthume in the head or stomach.

INFECTION.

See *Odours, Plague, Venomous Bites, &c.*

INFUSIONS.

IN bodies containing fine spirits, which easily dissipate, the rule is, according to lord Bacon, a short stay of the body in the liquor receives the spirit, and a longer confounds it, because it extracts the earthy part with it, which debases the finer. 'Tis therefore an error in such as think the virtue is increased by the length of the stay. But if you would have the infusion strong, in those bodies which have fine spirits, you must repeat the infusion of the body oftener. *E. gr.* Take violets, and infuse a good pugil of them in a quart of vinegar, for three quarters of an hour; then take them out, and refresh seven times, in like manner, the infusion with a like quantity of new violets, and it will make a vinegar so fresh of the flower, that a twelvemonth after, you shall smell it, if brought in a saucer, before it come at you. It smells more perfectly of the flower, a good while after, than when first made.

This rule is of excellent use for the preparations of medicines and other infusions. *Ex. gr.* The leaf of borage hath an excellent spirit to depress the fuliginous vapour of dusky melancholy, and so to cure madness: but nevertheless, if the leaf be infused long, it yields a raw substance of no virtue. Therefore I suppose, says lord Bacon, that if

INFLAMMATIONS of the GUTS.

See *Twisting of the Guts.*

INFLAMMATORY DISTEMPERS.

See *Apoplexy, Fever, Jaundice, Madness, Pleurisy, Quinsy, Stomach, Thrush, Twisting of the Guts, Ulcers, &c.*

in the must of wine, or wort of beer, while it works, before it be tunned, the borage stay a small time, and be often changed with fresh, it will make a sovereign drink for melancholy passions; and the like I conceive of orange-flowers.

Rhubarb hath manifestly in it parts of contrary operations, *i. e.* parts that purge, and parts that bind; and the first lie looser, and the latter deeper: so that if you infuse rhubarb for an hour, and crush it well, it will purge better, and bind less afterwards, than if it stood twenty-four hours. This is tried. But I conceive likewise, says our author, that by repeating the infusion of rhubarb several times, as is said of violets, letting each stay in but a small time, it may be made as strong a purging medicine as scammony, and it is of great importance to be able to make medicines of such benign qualities, as rhubarb has, to have the same efficacy and strength, as those that are not without some malignity.

Purging medicines have generally their virtue in a fine spirit, as appears by their losing much of their force if boiled. 'Tis therefore of good use in physick, if you can retain the purging quality, and take away the unpleasant taste, which 'tis probable may be done by this course of repeated infusion. For 'tis not

not unlikely, that the nauseous taste is in the grosser part.

The way of trying the efficacy of a long or short stay in infusions, is as follows: Let the orange-peels, or whatever you would infuse, stay half an hour in water; then take them out, and infuse them again in other water; and so the third time; and then taste and consider each water, and you will thereby perceive the different qualities of the infusion, as well with regard to strength, as to taste and smell, and so regulate your infusion accordingly.

Infusions in air (for so may we well call odours) have the same diversities with infusions in water; in that the several odours, which are in one flower or other body, issue at several times, some earlier, some later. So we find, that violets, woodbines, strawberries, at first, yield a pleasant smell; but soon after a scent quite different: which is caused not so much by mellow-

ing as by the late issuing of the grosser spirit.

As we would chuse in some cases to extract the finest spirits, so, in others we might be glad to discharge them as hurtful. So burning of wine is best in agues, as it inflames less, the finer spirit being evaporated. Opium loses some of its poisonous qualities, vapoured out, or mingled with spirit of wine, or the like. Sena loses some of its windiness by concoction; and windy or subtile spirits are generally taken off by the fire or evaporation: and even in infusions of things of too high a spirit, it were better to pour off the first infusion, after a small time, and use the latter.

See *Aliment, Herbs, &c.*

INTERMITTING FEVERS.

See *Fevers, &c.*

I S S U E S.

See *Evacuations.*

I T C H.

See *Cutaneous Distempers.*

K I B E S.

SEE *Chilblains.*

K I D N E Y S.

See *Stone, Ulcer, &c.*

K I N G ' s - E V I L

IS a tumour hard and unequal, seldom painful; most commonly of the same colour with the rest of the body; sometimes slightly red or livid. It is hard to be cured at any time, but if hereditary, incurable; and scarce ever in persons above forty years old.

Paronychia, with a rue-leaf, is sometimes taken for it, infused in beer; as is infusion of rosemary like tea; also king's-evil root. The application of a dead man's hand has been known to cure it.

White dead-nettle, boil'd in milk turns it to curd, and alone has been found to cure the distemper.

The swelling may be dissolved by using the following plaister:

' Take of great briony-root cut
' into thin truncheons, half a pound
' fry it in a frying-pan, till it decays: strain it, and add half
' pound of turpentine of fir; five
' ounces of yellow wax: mix 'em
' and make an ointment.'

But above all things yet known some physicians tell us, a decoction

of colts-foot leaves have been found to be successful, taken inwardly for a long time.

A famous empirick, the honourable Mr. Boyle tells us, used to do great matters in this distemper, by a strong decoction of the herb devil's-bit, taken for a great while together.

This honourable gentleman gives us the three following receipts for this disease:

An approved Remedy for the King's-evil.

' Set a quart of new-milk on the fire till it just boils up; then take it off, and put into it two spoonfuls of the best honey, and stir it till it be dissolved, and then set it on the fire again, and let it boil two or three walms. Then divide it into four parts, and drink one part warm, early in the morning, another about ten of the clock, another about four in the afternoon, and the last a little before bed-time. Do this daily for two or three months, except you purge, which must be once a week, taking (if a grown man) three quarters of an ounce of caryocostinum dissolved in posset-drink. Dress the sores, if they run, with any drawing sear-cloth, or a plaister of Burgundy-pitch.'

The medicine, though not very promising, is very famous by the many cures done with it, by a charitable lady, of whose ingenious chaplain, says Mr. Boyle, I procured it.

An useful Drink in the King's-evil.

' Take white-wine, a quart; juice of pellitory of the wall, a pint; spirit of wine, half a pint; sal prunellæ, an ounce; mix, and dissolve; then pour off the clear, and sweeten with white sugar, and

' take six spoonfuls night and morning. There is no better thing in the world, says my author, for this distemper.'

A Cure for Schrophula's, and the King's-evil.

' Take an ounce of paronychia folio rutaceo, called rue whitlow-grass, and by some felon-wort; boil it every morning in a quart of small-beer; strain it, and drink it for your ordinary drink. It wastes the peccant humour, appeases the pains, discusses the unbroken tumors, and heals the broken ones.'

The following recipes are also worthy of attention, having done great good in different cases.

An excellent Diet-drink for the King's-evil, Dropsy, or any other running or swelling Humour.

TAKE twelve pints of water; three ounces of lignum vitæ, half the bark, and half of chips, a little broken; two ounces of liquorice, scrap'd and slic'd; two ounces of sarsaparilla, slic'd and cut half an inch long; half an ounce of saffras, shav'd; a quarter of a pound of raisins of the sun, stoned: put all into an earthen pot close covered on the coals all night; next day boil it three or four hours, till a third part of it be consumed; and before it is strained out, add to it half an ounce of sena; and when 'tis cold, put it into bottles, and take seven or eight spoonfuls in the morning, after dinner, and going to bed. During the time you take this, you must eat all drying meats.

The Salve to be put on the Leg.

Take of bees-wax, what quantity you please; and of oil-olive, double the quantity: melt them together: when it is ready to boil, pour it into

into a bason of cold water, and work it with the back of a spoon like butter. Do so in three or four waters, till it become pretty hard; then spread it on old Holland, and apply it to the sore. Wash the sore twice a day with skimmed milk and water as hot as you can bear it; then put on the plaister.

N. B. After the above diet-drink is drawn off, you may put nine quarts of water to the same ingredients, and drink it as common drink, if it agrees with the stomach.

Another Plaister for the Evil.

TAKE diachylon, with the gums, one ounce; hogs-lard, half an ounce; wax, a sufficient quantity to make a plaister: lay it on the swelling.

A Decoction against the King's-evil.

TAKE herb Robert, brooklime, of each three ounces; dead nettles, six ounces; liquorice, aniseeds, of each one ounce; raisins, four ounces; sena, three ounces; carthamus, two ounces; agarick, six drachms; spring-water, a gallon: infuse, and boil them to two quarts. Take four ounces four times a day. If you omit the purging simples, as the sena, you may use it as common drink.

Pills for the same.

TAKE quicksilver, intimately mixed with a little Venice-turpentine; gum-guaiacum, of each one drachm and half; oil of saffras, twenty drops; extract of safaparilla, enough to make forty pills: take three twice a day, with a draught of Bates's compound lime-water.

A Powder for the same.

TAKE sponge-stone, three drachms; sal gemmæ, two drachms; tartar vitriolate, one

drachm: mix, and make a powder. Take two scruples, twice a day, for twelve days together. It is said to be specifick in the cure of the king's-evil. If there be any ulcers, strew them with it.

An Electuary for the same.

TAKE Ethiops-mineral, and cinabar of antimony, of each six drachms; earth-worms dried and powdered, two drachms; salt of amber, tartar of vitriol, and cream of tartar, of each a drachm and a half; powder of arum-root, two drachms; steel prepared with sulphur, three drachms; syrup of the five opening roots, a sufficient quantity to make an electuary: take the quantity of a nutmeg twice a day, for near three months.

For the King's-evil.

STAMP a peck of the flowers of fox-glove, till they be very small, in a stone mortar; after which put to them three pounds of fresh butter out of the churn; set them on a soft fire in a new earthen pipkin, and let it boil four hours, stirring it continually with a wooden flat stick; then put it out in an earthen pipkin, which never had salve in it: you may beat it again when it needs, which will be once a month: you may set it in an oven after the bread is out, and put in a piece of new butter without salt, to keep it moist. When you use it, take no more than you need at a time; and warm it not too hot, but so that the patient may well endure it. It must be laid on every place where the evil is broken. Dress the sores twice a day, anointing them with some of that oil which runs from the composition, as far as it is hard: lay on the cloth neither too thick, nor too thin: keep always the same cloth next to it; but the cloth over that,

that, shift as often as you please. There must be no salt in the butter you use; nor must it be washed, but well beaten out of the churn. There will be an oil on the top of the composition, if well kept; and that is the oil which is spoken of. During this time use the following

Diet-drink.

Take three ounces of guaiacum sliced; one ounce of its bark: infuse them for two hours in a gallon and an half of clear running water, on hot ashes, in a pipkin close covered; then boil it over a gentle fire, till a third part be wasted; after which add epithymum; polypody of the oak, two ounces; of the flowers of fumitory and borage, each an ounce; rosemary-flowers, succory-roots, primroses, cowslips, chamomile-flowers, violet-flowers, each one ounce; the seeds of anis and fenel, each half an ounce: boil all these till there remain but six pints of liquor; then strain it clear, and let it infuse as aforesaid, twelve hours on hot ashes, with three ounces of fena beaten: after once boiling, strain it clear; then put it in a little

sugar according to the palate, and let the patient take two or three ounces in the morning fasting, continuing it eight days; and add or diminish as you find it work: twice or thrice a day is sufficient.

For the King's-evil.

TAKE a peck of fanicle; half a peck of harts-tongue-leaves; three handfuls of rue-leav'd whitlow-grass; half a pound of Spanish liquorice: wash the leaves clean, and put them into two gallons of water; boil it to one gallon; take it off, and strain it; sweeten it with honey. Give the patient a quarter of a pint three times a day, first in the morning, an hour after dinner, and last at night. Before you give this diet-drink, put a good handful of scurvy-grass into a pint of white-wine; steep it all night, and the next morning strain it, and give the patient a third part of the white wine; drink it three mornings successively, and then take the above diet-drink.

A mushroom that grew on a birch-tree, put into wine, and drank, is said to have a singular virtue in curing and wasting the king's-evil.

L E N T I G I N E S.

SEE *Cutaneous Distempers.*

L E P R O S Y.

See *Cutaneous Distempers.*

L E T H A R G Y.

See *Apoplexy, Fever, &c.*

L I V E R.

See *Faundice, &c.*

L I V E R - S P O T S.

See *Cutaneous Distempers.*

L O O S E N E S S.

See *Fluxes, &c.*

L O W N E S S.

See *Head-ach, Feminine and Hypochondriack Disorders. Also Distillery.*

L O W S Y D I S T E M P E R.

See *Childrens Disorders.*

L U N A C Y.

See *Madness.*

L U N G S.

See *Ulcers: Also Syrups in Confectionary.*

M A D D O G.

SEE *Venomous Bites, &c.*

M

MADNESS,

MADNESS, PHRENSY, and MELANCHOLY.

UNder this head we shall class not only the distemper of *Madnefs* itself, but the approaches to it, *Melancholy*, *Phrensy*, &c. and begin with

A Phrensy, otherwise called *An Inflammation of the Brain*.

It is a disease, that, of all others, requires the speediest applications.

The first remedy is bleeding, occasionally repeated, and this will sometimes do of itself. If the patient be costive, purgatives must be avoided, because they will excite a motion in the fluids, and so increase the disorder: an emollient and relaxing clyster is therefore best to be given, which must not be sharp, but softening; and the following is very proper:

‘ Take marshmallow-roots, one ounce; leaves of pellitory of the wall, chamomile, and melilot-flowers, of each half an ounce; fenugreek, and line-seeds, of each three drachms; figs, one ounce: boil all these in whey, and to the decoction strained, consisting of twelve ounces, add lenitive electuary, two drachms; sal gem. three drachms: mix, and make a clyster, as occasion requires.’

After this the rapid motion of the blood is to be attacked by refrigerating medicines; the following is a very good one:

‘ Take poppy-water, two ounces, lettuce-water, one ounce; cinamon-water, two drachms; sal prunellæ, one scruple; syrup of limons, three drachms; mix, and make a draught, to be taken every fourth hour.’

Let barley-water be drank plentifully, with a little juice of limon squeezed in it; and after proper discharges have been made, and the disorder begins to give way, let the following be taken:

‘ Take poppy-water, three ounces; cold cinamon-water, three drachms; syrup of white poppies, one ounce; salt-petre refin’d, fifteen grains; mix, and make a draught, to be taken whenever rest is wanting, whether by day or night.’

When the patient is pretty well recovered, which will be known by the pulse, which was strong and quick, becoming slow and equal; the urine, which was pale, becoming of a pure amber colour, and settling, and by the memory and judgment returning; it will be the convenient to give some such gentle lenient potion as the following, to divert the humours, and throw them downwards:

‘ Take sena-leaves, two scruples; cream of tartar, three drachms; coriander-seeds, one scruple; manna, half an ounce: infuse them a night in barley-water; strain them out in the morning; take five ounces, and keep gently warm, and repeat this once or twice the distance of one day.’

Profuse hæmorrhages from the nose commonly resolve this disease, and copious bleeding, by opening the temporal arteries, which are the most effectual remedies.

As to the diet proper in the case, substances which cool, and at the same time relax the belly, are highly beneficial, as tamarinds boiled

water, which taken plentifully, may at last bring a looseness, which is a great relief to the head.

Soliciting the blood to other parts of the body; therefore tepid bathings of the lower parts, and procuring the piles, relaxing fomentations applied to the veins, which carry the blood from the head, relieve in this disease. Cool air, and setting up, if possible; for the warm air of the bed exagitates the blood.

The aliment ought to be slender, as water-gruel acidulated, or sub-acid ripe fruits, with their jellies; the drink small, diluting, and cooling, barley-water, small-beer, or the decoction of tamarinds above-mentioned. All such gentle anodynes as are to be found amongst the alimentary kind, are safe. See the articles of *Delirium* and *Watchfulness* in the case of FEVERS.

Melancholy, Madness.

This being a disease more terrible than death, and hard to be cured, when it has taken place, the approaches towards it ought to be carefully observed. These are, commonly, short sleeps, obstinate watchfulness, troublesome or terrible dreams, great anxiety of mind, with sighing, sudden fits of anger without cause, love of solitude, suppression of usual evacuations, as of the menses in women, and hæmorrhoids in men; great heat, eyes hollow and fixed, immoderate laughter or crying without occasion; too great loquacity, and too great taciturnity, by fits; great attention to one object, all these symptoms without a fever.

When this disease is hereditary, it is seldom cured.

The atribilarian constitution, or a black viscous pitchy consistence of the fluids, which most frequently occasions this disease, makes all se-

cretions difficult and sparing; the intention therefore ought to be to render the humours fluid, moveable, and carry them out of the body, especially the bile, which is viscous; sudorifics indeed are not so proper, because they thicken.

The aliment prescribed in melancholy constitutions (see *Constitutions*) should be used. *Boerhaave* gives an instance of a patient, who by a long use of whey, water, and garden fruits, evacuated a great quantity of black matter, and recovered his senses. Cold bath, and especially a sudden immersion in the sea, has done good by acting upon the nerves and spirits; where-ever there is any uneasiness or sensation of pain, one ought to solicit the humours towards that part, or to make the proper evacuations from them, especially (if it be possible) to procure the piles, which seldom miss to relieve the head.

The madness which proceeds from a plethora, or too great fullness, is cured by plentiful bleeding and purging.

The weakness which succeeds the madness requires a more refreshing and warm diet, especially the use of chalybeat waters.

Mr. *Boyle* gives the following remedy, which he intitles,

An experienced Medicine for a Mania, or a Madness not very obstinate.

‘ Take two ounces of the berries of box, and infuse them warm (in a close vessel) in a quart of claret, or red wine, for forty-eight hours; then decant the liquor, and put to it an equal quantity of the distilled water of vervain; and of this mixture let the patient take six or eight ounces at a time, and compose himself to sweat, and rest after it.’ This

must be daily done for a pretty while together, if need requires.

The following are also well approved in particular cases.

For Madnefs that is of a chearful and raving Species.

TAKE sweet spirit of nitre, three drachms; spirit of hartshorn, tincture of castor, of each one drachm: mix them, and give forty drops thrice a day.

Another.

TAKE tincture of black hellebore, two drachms; sal volatile oleosum, compound spirit of lavender, of each one drachm; mix, and give forty drops three times a day.

For the same.

TAKE salt of nitre, powder of black hellebore, of each two drachms; volatile salt of amber, twelve grains: mix them, and divide them into six papers, and give one of them twice a day with a draught of the following emulsion:

Take the seeds of white poppies, two ounces; peony, sweet almonds husked, of each six drachms; bruise them, and pour upon them black cherry-water, one quart: strain it, and add compound peony-water, three ounces; spirit of saffron, one ounce; white sugar, a sufficient quantity to sweeten it; and the patient may drink of it at pleasure.

An Emetick Draught for Madnefs.

TAKE the juice of asarabacca, six drachms; oxymel of squills, half an ounce; carduus-water, two ounces; mix into a draught. This is a very strong vomit, and much used at Bedlam.

An Elixir against Melancholy.

TAKE roots of valerian, cassamunair, of each two ounces; black

hellebore, four ounces; digest them twenty-four days in a quart of spirit of wine rectified; then strain and press it out hard, and add to it extract of saffron, one ounce; salt of steel, half an ounce; distilled vinegar, half a pint; digest these some days together in a close vessel, and pour it off, and filtre it for use. It is to be taken from ten to forty drops, in compound bryony-water. It is a most efficacious medicine in all melancholy affections of either sex.

A Cordial against melancholy Affections.

TAKE white sugar, one pound; borage-water, four ounces: boil almost to a consistence: while it is boiling, add fresh borage-flowers freed from their black spots, six ounces; boil them till the flowers are crisp or dried: take it from the fire, and mix therewith leaves of gold N^o 16; ambergris, twenty-four grains. It is a most elegant cordial, recreating the vital and animal spirits; and it has no second in hypochondriack melancholy. It is also good against diseases of the breast and lungs, as colds, coughs, asthmas, rheums, wheezings, and hoarseness, &c. There is no dose to be limited in the use of it, but it may be taken at pleasure.

A Water good against Melancholy.

TAKE of the flowers of wall gilliflowers, or hearts-ease, four ounces; of rosemary-flowers, three ounces; of damask-rose-leaves, three ounces; of borage and bugloss-flowers, each one ounce; of balm-leaves, six ounces; marigold-flowers, one ounce; pinks, six handfuls; cinnamon grossly beaten, half an ounce; two nutmegs; one ounce of aniseeds grossly powdered; one drachm of

of English saffron; and let them stand, being all put into a gallon of sack, and steeped for the space of two days, stirring them very often; then distil in a dry or cold still, well pasting up the sides thereof with rye-paste: let this water drop into a glass which hath two grains of musk hanging on a little lawn bag: you must let six ounces of white sugar-candy be put into the glass where the water shall drop. You may set the glass in warm water, that the sugar may melt: whether the flowers be single or double, 'tis no difference. Take of it three times in a week fasting, two spoonfuls at a time, and at other times, if you find yourself ill. Let the fire be as small as you can; else the water will be small, and the less; and as any of the forementioned flowers grow up ripe, gather them, and put them into the sack: let the pot be closely stopped, and put them therein, as they ripen.

Excellent against Melancholy.

TAKE four pints of whey; put in of borage, bugloss, each two ounces; fumitory, tops of St. John's-wort, pansies, agrimony, balm, of each one ounce; harts-tongue, scabious, betony, of each half an ounce; polypody-roots, half an ounce: boil these to three pints; then put in three drachms of fenaleaves; one drachm of mace; fenel-seeds, as much; cowslip and rosemary-flowers, of each half an ounce; and a few raisins of the sun stoned: then give it one wallop, and let it stand close covered till it be cold; afterwards let it run thro' a cotton bag; drink of this in a morning early, and again at nine o'clock, before dinner a good draught, and then cover it.

See Epilepsy, Head-ach, Feminine and Hypochondriack Disorders, Palsy, &c.

MASTICATION.

Mastication, or chewing, is a very necessary preparation of solid aliment, without which there can be no good digestion. A great loss of spittle causeth a decay of appetite. This has been confirmed by experience in several, who have made it their constant custom to chew mastich. Chewing and smoking of tobacco is only proper for phlegmatick people. The humour of salivation is not properly spittle, but putrefied blood. The

depravation of the instruments of mastication by a paralytical disposition, or by the want of teeth, as in old men and infants, is a natural indication of a liquid diet, as of milk and broths: and even such of them as take solids, ought to chew in order to make an expression of the spittle.

See Aliment, Diet, Digestion, &c.

MEASLES.

DR. Morton says, very few remedies in this distemper are successful before the eruption, unless very urgent symptoms should happen, as convulsions, &c.

If the animal spirits run into great disorders, cephalick juleps with tincture of castor, and pulvis ad guttetam, and such-like, may be used;

M 3

and

and if that fail, some drops of liquid laudanum may be given.

The diarrhoea is rather to be palliated than totally checked: the white decoction may be substituted instead of malt liquor, which should be forbidden; and the testaceous powders may be given, but laudanum, except in case of great necessity, should be forborne.

The distemper may be known by the following signs:

In the breeding of the measles, the first day they are hot and cold by turns; the second day comes on the fever, with great sickness, thirst, cough, heaviness, sleepiness: sneezing, vomiting, loose and greenish stools, a serous humour from the nose and eyes, are the symptoms the fourth or fifth day; when the efflorescence and eruption commence. The sixth day the pustles die away, and the face becomes rough. On the eighth day they quit the face, and on the ninth the whole body; and then the fever increases, and the cough and difficulty of breathing grows very troublesome.

The cough should be treated with mucilaginous or oily things, and pectorals, as oil of sweet almonds, syrup of coral, and its tincture, and such-like. Gum tragacanth taken plentifully in a linctus, or dissolved in some pectoral decoction, and mixed with the testaceous powders, is held very excellent for this vexatious and often mortal cough. And this is preferred even to the famous Sydenham's narcoticks, or sleepy medicines.

When the efflorescence or breaking out is begun, and a shortness of breath ensues, and a difficulty of swallowing, &c. Dr. Morton absolutely prescribes bleeding in large quantities, as he does also for a troublesome and dangerous ophthalmia, or redness and pain in the eyes. A looseness in this stage of the distemper may be safely stopped by opiates.

In the last stage, when the appearance of the measles is gone off, if a fever with violent symptoms continue, 'tis reckoned a very dangerous indication. On the contrary, if the crisis be perfect, powerful purges are necessary, though the blood ought not to be over-hastily agitated, before the venom is wholly subdued.

If a dry troublesome cough continues after the distemper is over, bleeding should be used, and, if need be, repeated in a day or two; and linctus's and lenient medicines, as in a catarrh, should be given, with the bark in pretty good quantity; and if occasion requires, an opiate at nights.

Bleeding and a vomit, seasonably prescribed at the beginning of this distemper, often happily prevent the bad symptoms attending it. Those who have had the small-pox are less liable to the measles.

See Childrens Distempers, Small-pox, &c.

M E A T.

See Aliment, Diet, Digestion, &c.

M E D I C I N E S.

A general Rule relating to them.

WE have very little to say under this head, because the

proper medicines for every distemper are given with every disease treated of in this work. However the following general rule is proper

to be attended to by every one, who is obliged to have recourse to the medical art. It is this:

That *Change in Medicines*, as well as food, contributes to health; for nature by continual use of any thing grows to a satiety and dulness, either of appetite or working; for even poisons have lost their force by custom; and this is the more evident in the Turks, who so plentifully accustom themselves to opium, that it abates much of its soporose effects upon them. Intermission therefore also has generally the same effect as change; and one medicine is not to be so constantly used, as to blunt its force; but a necessary one may be discontinued some days, and then resumed.

On the other hand, a patient must not be presently discouraged, if he find not all the success he expected in some regimens, as in the case of guaiacum, sarza, &c. or if in the beginning of the course, he find him-

self, as he thinks, worse; for such dieters drying up humours, rheums, &c. they cannot dry up till they have first attenuated, and till then the humour is more fluid than before, and of consequence more troublesome to the patient, 'till 'tis dried up and consumed. Perseverance therefore in such cases must be used; and here to distinguish rightly between the necessity for intermission or change in one case, and perseverance or constancy in the other, the judgment of the physician is requisite.

See *Constitutions, Herbs, Opium, &c.*

M E G R I M S.

See *Head-ach, Hypochondriack Dis-temper, Palsy, &c.*

M E L A N C H O L Y.

See *Madness, &c.*

M I L K, N U R S E S, &c.

The Qualities and Uses of the different Sorts of Milk. With the Regimen proper to be observed by Nurses.

THE milks of several animals differ but very little as to their sensible qualities; *Womens milk* is the sweetest.

As to their nutritious qualities, they seem to stand in the following order; that of women, asses, mares, goats, sheep, cows.

The milk of animals which make hard dung, is most nourishing.

Milk, standing some time, naturally separates into an oily liquor called *Cream*; and a thinner, blue, and more ponderous liquor, called *Skimmed-milk*; neither of which parts is naturally acid or alkaline,

(but may turn so by standing for some time) nor in the least acrimonious; for being let fall into the eye, they cause no pain or sensation of sharpness.

If a nurse should abstain from all acid vegetables, from wine, malt-drink, and feed only on flesh, and drink water, her milk, instead of turning sour, will become putrid, and smell like urine.

An alkalescent diet, except that of water, is often the case of nurses in great families: their milk subjects the child to fevers. On the other hand, the milk of poor people, that feed upon an alkalescent vegetable diet, subjects the child to diseases that depend upon acidity in the bowels, as colick. The cure

of both diseases is effected by a change of diet in the nurse from alkalescent to acedcent, or contrariwise, as the case requires. The best diet for nurses is a mixture of both.

No nurse should give suck after twelve hours fasting.

Milk appears to be a proper diet for human bodies, where acrimony is to be subdued or avoided; but not so proper where the canals are obstructed, it being void of all saline quality.

The inconveniencies arising from its curdling by the four juices of the stomach, may be overcome by time: all that it can do in obstructions is by dilution.

How to increase Milk in Nurses, &c.

Whatever generates a quantity of

good chyle, must likewise generate milk; such is new-milk seasoned with sugar or salt. This will increase the milk, when it is diminished by the too great use of flesh-meat. Gruels made of grains, broths, malt-drink not much hopped, posset-drinks, and, in general, whatever relaxes, have the same effect.

Lentil-pottage is also deemed a good medicine to increase milk, if drank liberally of.

As are also thin broths, ptisans of barley or oatmeal, panada's, milk with salt and sugar, cream, if the milk be not too thick: malt-drink, neither strong nor stale. Moderate labour, and exercise. While eating much flesh-meat abates milk.

See Childrens and Feminine Disorders, Diet, &c.

M I S L E T O.

Sir John Colbatch's Dissertation concerning Mistleto.

THE latter end of December gather the mistleto-leaves, and berries, and tender twigs; dry 'em in a gentle constant heat, and then make 'em into a fine powder, and put 'em into a glass covered with a bladder or leather. It must be kept close and dry: the large stalks must also be carefully dried, and preserved for decoction. The doctor gave his son half a drachm made into a bolus with syrup of peonies, and a strong infusion of the stalks sweetened with syrup of peo-

nies. He gave a girl two drachms of the powder every day, and in seven days she was perfectly well. A drachm of assa-fetida, added to an ounce of mistleto, makes it out more powerfully than alone. Purging and bleeding are useful before you give the mistleto; but vomiting dangerous. It is good for children in gripes: they may take it in pap, panada, or breast-milk. You cannot give 'em too much: it will ease always, if not cure.

M I T H R I D A T E.
See Opium.

MORTIFICATIONS, GANGRENE.

THERE are two degrees of this terrible distemper, which we shall touch upon under this head.
1. A beginning mortification, which

is called a Gangrene, and is known by a change of the flesh into a black substance, attended with a diminution or loss of the natural heat of the

the part: but when the mortification becomes intire, or affects the bony as well as fleshy parts, 'tis called, 2. A Sphacelation.

This distemper may be brought on, 1. By old age. 2. By the confluent small-pox. 3. By scorbutick or dropical disorders. 4. From the bites of venomous creatures. 5. From wounds, and too streight bandages in them. 6. From violent external cold. 7. From issues, the too close paring of nails, corns, &c. On all which we shall lightly touch, referring to the skilful operator the principal management of a disease too important to be treated by common hands. And,

1. When old age, or want of a due circulation, occasions a gangrene, warm aromatics or stimulating fomentations must be used to the part; and when it comes to be scarified, the skilful operator will then direct the rest of the management. 2. In those occasioned by the confluent small-pox; and, 3. In those from scorbutick or dropical disorders, the internal remedies must have regard to the original distempers, at the same time that proper external means are used to prevent or stop it. 2. In such as proceed from the bites of venomous creatures. &c. See *Venomous Bites*. 5. In gangrenes proceeding from wounds, see *Wounds*. And in cases of too tight bandages, they ought immediately to be removed, and the part scarified to make it bleed; and when it comes to this, the skilful practitioner must be referred to for the other parts of management. 6. In gangrenes proceeding from external cold, as sometimes happens to travellers into Northern regions, the frozen part should be rubbed with snow, or thawed in cold water, and afterwards fomented with a deco-

ction of warm herbs; or as some do, with brandy, spirit of wine, Venice-treacle, or mithridate dissolved in urine. Then wrapping up the part with flanel or woollen cloth, go into a warm bed, and take some rich cordial or sudorifick medicine, to sweat. 7. Gangrenes from issues, too close paring of nails, corns, &c. are to be treated as other gangrenes. See that head under the article of *Wounds*.

We have purposely been as brief as we could under this head, for two reasons: 1. Because this distemper, and its management, especially when it comes to scarification, must naturally fall under the hands of a surgeon, who knows best what to direct, and to do, in the different cases that may happen: And, 2. That we may have room to insert a most useful and curious account of a new discovery lately made in relation to the cure of this malady by the bark, taken internally, and which has succeeded when all the art of physick, and all the skill of the surgeon, and all manner of scarification, and even amputation of the extreme members, have been ineffectual. That account was published by Mr. *John Douglas*, an eminent surgeon, in the year 1732, and from him we shall transcribe what follows, and the rather as it contains some particulars necessary to be observed in the management of this sad disease.

After having given a diary of his patient's case, and the successful methods taken to stop, by the bark, a mortification which had eluded all the old tried methods of prescription;

' I doubt not, says he, but it
' is evident, that the violence of
' the fever, which increased upon
' us, in spite of all the means we
' could

could use, both internally and externally, for eight days running, and which brought our patient to the very brink of the grave, in the opinion of all concerned, was, in a few hours, taken away by the bark, whereby a stop was put to the progress of the mortification, and nature was enabled to form the forementioned imposthumations, and make a separation between the living and dead parts: which being done, we were left to choose either to wait for the falling of the sloughs, separation or exfoliation of the bones, or to proceed to amputation, as we judged proper. But to amputate *before* the mortification is *intirely* stopped, especially when it proceeds from an *internal* cause, (as has hitherto been *too frequently* done) is only hastening the patient's death; for the sphacelus breaks out anew in the stump, and then the poor patient is in a worse condition than at first.

Notwithstanding what has been said, I doubt not it will be objected, That granting the bark had such an extraordinary effect in the forementioned case; yet one swallow makes no summer; which I shall answer by the accounts given of it by Mr. Rushworth and Sergeant Amyand.

Mr. Rushworth, a surgeon, in Northampton, sent a printed letter to the master and governors of the surgeon's-hall in London, dated October 18, 1731, in which he gives the following account of his using the bark in mortifications:

In the year 1715, I was sent for to a man who had a mortification on the foot from an internal cause: the fever was very high, attended with the irregular

pulse that is usual in the case. I made deep incisions in the mortified part to the bone, and scarified all round as far as there was any inflammation, and used the common applications; upon which the fever abated, the pulse became not only calm, but also regular, and in a few days I had a digestion at the edges. I was obliged to leave it to the care of an apothecary; but in a short time I was sent for again, the fever being returned, and the part mortified higher: I used the same method as before, with the same success; but all the former symptoms returned the third time; but upon repeating the same method again, ceased: I thought it to no purpose to take off the leg, having too often found returns after it, the fault being in the blood and juices. But Providence now first directing me to order the bark in this case, (whilst there was a remission of the fever) it answered beyond what I expected; the fever no more returned; the leg was taken off, and I saw the person well and lusty many years afterwards; and I have since several times had the experience of the good effects of it in the like cases, which has been no small satisfaction to me.

In October last, continues Mr. Douglass, Mr. Rushworth reprinted the forementioned letter, with additions, viz. a letter to sergeant Amyand, August 5. 1732, &c. in which he says, "I beg leave just to mention, that leaving off the bark too soon, a patient of mine had a return of the mortification in about five days time, but scarifying and repeating it, I presently had the good effect of it again, and she is now perfectly recovered."

“ recovered; and tho’ she had a very
 “ ill habit of body before, is now
 “ much better than she had been
 “ for several years, and her looks
 “ shew it to all that knew her be-
 “ fore, though she is fifty years of
 “ age.”

“ In the same pamphlet, says Mr.
 “ *Douglafs*, there is a letter from
 “ serjeant *Amyand* to Mr. *Rushworth*,
 “ dated July 29. 1732, in which he
 “ gives the following account of
 “ his success in giving the bark in
 “ mortifications.” “ I am now to
 “ acknowledge yours of the 17th
 “ instant, and to acquaint you, that
 “ from your example I have given
 “ the bark in all mortifications
 “ with such success, as has encou-
 “ raged the gentlemen you men-
 “ tion to administer it. I have
 “ now under my care a gentleman
 “ of 78, who owes his life to that
 “ medicine. His case was at first
 “ a *Gangrene* after a *Phlegmon*: the
 “ usual means seemed to have re-
 “ moved the danger; but the fever
 “ continuing without remission or
 “ intermission, a sphacelus soon ap-
 “ peared, which nothing did stop
 “ the progress of till the bark was
 “ used; and in twenty-four hours,
 “ and less, the separation begun,
 “ with a laudable pus. The same
 “ thing happened to a Jew, whose
 “ sphacelus had got ground for
 “ three weeks, in spite of all means,
 “ where several surgeons were con-
 “ cerned.

“ I have now used it in seven
 “ cases, the circumstances in each
 “ being different, and yet in all the
 “ bark has taken effect: even with-
 “ in these few days, to Mr. *Delenor*,
 “ who kept the bagnio in St. James’s-
 “ street, in whom a mortification
 “ happened, after several punctures
 “ in dropical legs, the bark stopped
 “ the progress in less than twenty-

“ four hours, and the sloughs began
 “ to separate; but the patient having
 “ a jaundice, and spent with evacua-
 “ tions, it revived, and came into
 “ the other leg; of which though
 “ he died, yet the power of the
 “ bark was so plain, that from *this*
 “ and the *other* cases, I think it
 “ evident, that we may be as sure
 “ of getting the better of, or at
 “ least of stopping a mortification
 “ from an internal cause by the
 “ bark, as conquering an ague
 “ thereby.

“ I am, &c.

“ *Claud. Amyand.*”

“ N. B. Mr. *Rushworth*, adds Mr.
 “ *Douglafs*, gave the bark in the re-
 “ mission of the fever, Mr. *Amyand*,
 “ and we, in the height of the fe-
 “ ver, yet it had the same effect;
 “ which shews the difference be-
 “ tween these sorts of fevers and
 “ agues, in which last it is known
 “ to every body, that the bark does
 “ harm, if given in the fit.”

The bark was prescribed and given
 in the case Mr. *Douglafs* speaks of,
 in the following manner:

“ Take of the best Jesuit’s-bark,
 “ very finely powdered, half a
 “ drachm; a sufficient quantity of
 “ confection of alkermes: make a
 “ bolus, to be taken every four
 “ hours.”

This having a good effect on
 taking but four or five doses of the
 bark, and stopping the progress of
 the mortification, and the patient
 having had five or six small stools,
 three drops of liquid laudanum were
 added to each bolus of the bark,
 which answered that end. When
 the violence of the fever was taken
 off by the bark, nature was enabled
 to form the requisite abscesses, and
 then the bark was only ordered
 every six hours: but on some bad
 appearances, repeated again every
 four

four hours; so that he took in twenty-eight days about ten ounces of bark.

We content ourselves to refer to the treatise itself for further particulars, which is intituled, *A short Account of Mortifications, and of the surprising Effect of the Bark, in putting a Stop to their Progress.* By John Douglas, Surgeon, F. R. S. Printed for John Nourse, at the Lamb without Temple-Bar, 1732.

We will add in this place the two following receipts from the great Mr. Boyle.

A Medicine for a light or beginning Gangrene.

‘ After having lightly scarify’d
‘ the part affected, apply as hot as
‘ the patient can well bear it, a ca-
‘ taplasm made of strong brandy,
‘ and the pith or crumb of white-
‘ bread, shifting it three or four
‘ times a day, or somewhat oftener,
‘ if need be.’

N. B. Some use turneps boil’d, and made unctuous with a little

fresh hogs-lard to resolve the hard tumours of womens breasts.

To prevent a Gangrene upon a great Pain, and to strengthen the Part.

‘ Take of melilot-plaister, and
‘ diapalma, equal parts; and having
‘ melted and well incorporated them
‘ together, make thereof a thin
‘ plaister; which, being prick’d full
‘ of holes, is to be laid upon the
‘ inflam’d or bruised part, first
‘ lightly scarify’d.’

Aromatick Herbs chiefly proper in a Gangrene.

‘ Southernwood, wormwood,
‘ jack-of-the-hedge, angelica, cost-
‘ mary, holy-thistle, less centaury,
‘ germander, Candy-dittany, Ro-
‘ berts’s stork-bill, lavender-spike,
‘ sweet-marjoram, white hore-
‘ hound, myrtle, wild marjoram,
‘ poley, penyroyal, rosemary, rue,
‘ favine, fago, water-germander,
‘ tansey, wild cypress-tree.’

M O U T H.

See Cankers, Childrens Distempers,
Teeth, Tongue, Uvula, &c.

N A U S E A.

SEE Sicknes, Stomach, Vomiting,
&c.

NEPHRITICKS.

See Stone, &c.

NERVOUS DISTEMPERS.

See Epilepsy, Head-ach, Feminine
and Hypochondriack Disorders,
Madness, Palsy, &c.

NON-NATURALS.

Physicians reckon these to be six; viz. 1. *Air*, see AIR. 2. *Meat and Drink*, see ALIMENT and DIET. 3. *Sleep and Watching*, see SLEEPING. 4. *Exercise and Rest*, see EXERCISE. 5. *Retention and Excretion*, see COSTIVENESS, and the several articles relating to *Purging, Bleeding, Vomiting*, and other EVA-

CUATIONS. 6. *The Passions of the Mind*, see PASSIONS.

N O S E.

See Hemorrhages, Smelling, &c.

N U R S E S.

See Breast, Childrens and Feminine
Distempers, Milk, &c.

N U T R I T I O N.

See Aliment, Diet, Digestion, &c.

O B S T R U C T I O N S.

SEE Feminine and Hypochondriack Disorders, &c.

ODOURS.

O D O U R S.

Pomanders, and knots of powders, have been often prescribed for drying of rheums, comforting the heart, provoking of sleep, &c. For tho' these things are not so strong as perfumes, yet they may be held continually in the hand, whereas perfumes can be taken but at certain times; and besides there are divers things that breathe better of themselves, than when they come to the fire; as *nigella Romana*, the seed of *melanthium*, *amomum*, &c.

There are two things, which, inwardly used, cool and condense the spirits; and which the lord *Bacon* wishes were tried outwardly in vapours. The one is nitre, which he would have dissolved in *Malmsey* or Greek wine, and so the smell of the wine taken; or to have it more forcible, to pour of it upon a fire-pan well heated, as they do rose-water and vinegar. The other is the distill'd water of wild poppy, which he would have mingled, at half, with rose-water, and so taken with some mixture of a few cloves in a perfuming pan. The like would he have done with the distill'd water of saffron-flowers.

Smells of musk, amber, and civet, says the same author, are thought to further venereous appetite; which they may do by the refreshing and calling forth of the spirits.

Incense and nidorose smells, such as were of sacrifices, were thought to intoxicate the brain, and to dispose men to devotion; which they may do, by promoting sadness and contristation of the spirits; and partly also by heating and exalting of them.

'Tis certain, that odours do, in a small degree, nourish, especially

the odour of wine; and we see hungry men love to smell hot bread. It is related, That *Democritus*, when he lay a dying, heard a woman in the house complain, that she should be kept from being at an approaching feast and solemnity, which she much desired to see, because there would be a corps in the house; whereupon he caused loaves of new bread to be sent for, and open'd them, and pour'd a little wine into them, and so kept himself alive with the odour of them, till the feast was past. I knew a gentleman, adds my lord *Bacon*, who would sometimes fast three or four, yea five days, without meat, bread, or drink; but used to have continually a great whisp of herbs to smell to, and amongst them, some esculent ones of strong scent, as onions, garlick, leeks, and the like.

Feathers, and other things of ill smell, are used with success in the disease called Fits of the Mother. See *Plague*.

Some perfumes will dry and strengthen the brain; and stop rheums and defluxions; as we find in fume of rosemary dry'd, and *lignum aloes* and *calamus* taken at the mouth and nostrils; and no doubt there are other perfumes that moisten and refresh, and are fit to be used in burning agues, consumptions, and too much watchfulness; such as are rose-water, vinegar, limon-peels, violets, the leaves of vines sprinkled with a little rose-water, &c.

In sudden faintings and swoonings, a handkerchief with rose-water, or a little vinegar, put to the nose, gathereth together the dispersed spirits, and recovers.

See *Air*.

O I N T-

O I N T M E N T S.

To make Ointment of Roses.

PUT a pound of good hogs-lard into an earthen pot; set it over the fire in a skillet of water, till it be thoroughly melted; be careful none of the water boil into it: then take a good quantity of red roses; let the seeds be clean pick'd out; bruise them very well, put them into the hogs-lard, and set them on a soft fire for one hour, covering them close; put it by for two days, then melt it as before; strain it from the roses, and put in fresh roses: this you must do three times; after which strain it from the rose-leaves, six or eight spoonfuls of the juice of red roses, and set it on the fire again, letting it stand four or five hours, and stirring it often; then set it by till it be quite cold.

Flos unguentorum.

TAKE of resin, pine-resin, Burgundy-pitch, each half a pound; virgins-wax, olibanum, each a quarter of a pound; mastich, an ounce; harts-tallow, or deers-suet, a quarter of a pound: make your gums into fine powder, searcing them; then melt the wax and tallow, mix the powder well therewith, and boil them together near an hour; afterwards strain it thro' a canvas-bag into a pottle of white-wine; let all boil together half an hour at least, and let it be always stirr'd with a good strong bramble-stick, which has the rind shav'd off. A little before you take it off the fire, put in two drachms of camphire beaten small, and a quarter of a pound of Venice-turpentine, by little and little, still stirring it till it be cold enough to make up into rolls; which must be done with oil of roses, or oil of adder's-tongue.

The Virtues.

It cleanses and generates flesh, and heals more in eight days, than any

other salve doth in a month. It suffers no corruption in a wound, nor dead flesh. 'Tis also good for the head-ach, for wind in the brain, and all manner of imposthumes in the head, or in the body; for swellings in the ear, or of the cheek; for all manner of strains and bruises. It will draw out thorns or splinters, broken bones, or any other thing which may grow in a wound. 'Tis good against the bitings of venomous beasts, and ripens and heals all manner of botches without fault; fester and canker, and noli me tangere. It draws out all manner of aching in the liver, reins, spleen, and helps the hæmorrhoids or piles. *The Lord Dennie's Receipt for making the Green Ointment for Aches, Strains, or Swellings, either in Man or Horse.*

TAKE six pounds of May-butter unsalted, one quart of fallad-oil, four pounds of barrow's-grease, one pound of the best resin, one pound of turpentine, and half a pound of frankincense; to this proportion take smallage, balm, borage, red sage, lavender-cotton, herb-grace, comfrey call'd benefit, sorrel, bay-leaves, birch-leaves, lung-wort, marjoram, and rosemary, of each two ounces; pick, clean, and wash them; strain all the water clear from them: (all these must be gather'd after the sun-rising) then stamp them in a mortar of stone or wood as small as possible; afterwards beat your resin into powder with the frankincense, and melt them first alone; then put in your butter, hogs-grease, and oil; and when all is melted, put in your herbs, and let them all boil together half a quarter of an hour; take it from the fire, and continue stirring it a quarter of an hour after; during which time put in your

your turpentine, and two ounces of verdigris very finely beaten to powder; stir it well, lest it run over, till it leave boiling. Afterwards put it in an earthen pot, stopping the pot very close with a cloth, and a board at the top; set it in a dunghil of horse-muck twelve days; then take it up, put it into a kettle, and let it boil a little, taking heed it run not over; strain all this thro' a coarse cloth into some earthen or gally-pot; and when all is strain'd, put to it half a pound of oil of spike, and cover it close till you use it, when you must make it warm, in winter especially.

The green Ointment.

TAKE sage, rosemary, and rue, each a quarter of a pound; worm-wood, bay-leaves, melilot, lavender, chamomile, St. John's-wort, each two ounces; rose-leaves and dill, each half an ounce; marsh-

mallows, an ounce; chop the herbs small, and stamp them; take as much sheeps-suet as they all weigh, chop it very fine, and stamp it together with the herbs in a stone mortar, that there be no suet seen; after put in a quart of the best oil, and work them all together in a pot with your hands; cover it close with paste, that no air come in or out, and let it stand eight or ten days; then boil it on a soft fire, till the leaves are parch'd dry; afterwards strain it, and take oil of roses, oil of chamomile, oil of spike, oil of white lilies, of each a quarter of an ounce; of labdanum and storax finely powder'd, each a quarter of an ounce; mix your oils and powder, after taking it off the fire, and stir them together a good while, till almost cold, when you may put it into pots. 'Tis good for any ach, swelling, &c.

O L D A G E

Should carefully guard against all the injuries of weather: should lessen the quantity, and lower the quality of their food gradually, as they grow older, even before a manifest decay of appetite force them to it; and in short descend out of life, by as gradual steps of aliment as they ascended into it.

A diet should be devised for old men, or people in consumptions, as should be half chyle before it be eaten. The following is recommended by the great lord Bacon:

' Take two large capons, par-boil'd on a gentle fire, an hour or more, till all the blood be gone. Add in the decoction the peel of a sweet limon, or that of a citron, and a little mace. Cut off the shanks, and throw them away; then with a strong chopping-knife mince the capons, bones and all, as small as common minc'd meat:

' put them into a large neat boulder; then take a sweet and well-season'd kilderkin of four gallons of beer, [as our author says] of eight shillings strength; [but now it will be best, it may be presum'd, of good well-brew'd ale of good consistence] new as just runn'd: make a great hole in the kilderkin, then thrust into it the boulder, in which the capons are, drawn out in length. Let it steep three days and nights, the bung-hole open to work; then close it, and let it continue a day and an half; then draw it into bottles, and it will be fit to drink in three days more. This will last six weeks approved (says our author). It drinks fresh, flowers and mantles exceedingly, yet tastes not newish. It is an excellent drink for a consumption, either alone, or with other beer, quench-

ing

• ing thirst ; and having no windiness. Note, It is not possible, that
• meat and bread, either in broths,
• or taken with drink, (as usual)
• should get into the veins and outward parts, so finely and easily as
• when thus incorporated, and made
• a chyle aforehand.'

He recommends also, for trial, a like brewing with potato-roots, or burr-roots, or the pith or bottom of artichocks, which are, as he observes, nourishing meats. Also it may be try'd, he says, with other flesh, as pheasant, partridge, young pork, pig, venison, especially of young deer, &c.

A mortress made with the brawn of capons, stamped, strained, and mingled, after made, with the like quantity at least of almond-butter, is also an excellent meat, he says, for nourishing weak persons: for tho' the flesh of itself be strong, the almonds excellently qualify it.

Indian maize hath certainly an excellent spirit of nourishment, if thoroughly boiled, and made into a cream like barley-cream. Our author judges the same of rice, if made into a cream; but it will bind, if not thoroughly boiled.

Pistachoes, if good, and not musty, joined with almonds made into milk, or made into milk of themselves, like almond-milk, but greener, are, as he says, also an excellent nourisher; but, having the property of a subtile windiness, it would be well to add a little scrap'd ginger.

Milk, warm from the cow, is a great nourisher, and a good remedy for consumptions; but then, as he observes, you must put into it, when you milk, two little bags, one of powder of minth, the other of powder of red roses, which will keep it from curdling in the stomach. For the same reason you

may drink it sugar'd to your palate: but it will be best to drink a good draught, that it may stay the less time in the stomach, lest, after all, it should curdle on a weak stomach; and it will be right to let the cup into which you milk the cow, be set in a greater cup, or pan of hot water, that you may take it as warm as possible. Cow.s-milk, thus prepar'd, says the lord Bacon, I judge to be better for a consumption, than ass's milk, which, it's true, does not so easily turn, but is a little harsh. Marry, says he, it is more proper for sharpness of urine, and exulceration of the bladder, and all manner of lenifyings. Woman's milk, adds he, is likewise prescribed, when all fail; but I commend it not, says he, as being a little too near the juice of man's body, to be a good nourisher, except it be in infants, to whom it is natural.

But it may be observed here, some of our moderns say, that this last has done much good where other remedies have failed, and it has been prescribed with good success by several physicians. A great deal depends upon constitution; but the reason our great author gives, say some physicians, seems not universal; for the consentaneousness of juices may do good in some cases; and can that which is so nourishing to an infant, and so restorative to its weak nature, be amiss when apply'd to older persons, in proper cases, who by weakness are reduced to a state as helpless as infancy? To be sure, say they, there may be in the milk of a young wholesome woman, such good blood and juices, as may contain in them restorative spirits to a decay'd or weakly habit: it is, as they say, a thorough-prepar'd chyle, light and easy; and as it is made of the best blood

blood and nourishment of the party, it cannot, if properly prescrib'd, but be of efficacy in suitable cases. We all know, argue these gentlemen, what benefit old age often derives to itself, of either sex, by close contact only, or lying with a young person; and if the effect be so considerable in this case, can it be detrimental, infer they, when it draws its nourishment from the fountain-head of health, as one may well call the salubrious and exuberant breast of a blooming and vigorous young woman? But, after all, we must leave this point doubtful; for 'tis certain, that high and gross animal feeding must produce a very different milk from that of those animals, which feed upon vegetables. But a great deal will depend upon constitution, &c. after all.

But let us proceed with our excellent author, who, in truth, was the greatest master of nature, and who came certainly nearer perfection, than any man, not of his time only, but of any other; and that for this plain reason, that to the most unbounded genius and capacity, he made nature his principal guide and study in all his inquiries.

Oil of sweet almonds new-drawn, says he, with sugar and a little spice spread upon toasted bread, is an excellent nourisher; but then, to prevent the oil from frying in the stomach, you must drink a good draught of mild beer after it; and to keep it from relaxing too much, put in a little powder of cinamon.

The yolks of eggs, continues he, are so well prepar'd by nature for nourishment, that if they be poached or rare boiled, they need no other preparation or mixture: yea, they may be also taken raw with Malmsey or sweet wine. It will do

well to put in some few slices of eringo-root, and a little ambergris; for, besides the immediate faculty of nourishment, such drink will so strengthen the back, that it will not draw down the urine too fast; for, as he observes, too much urine always hinders nourishment.

There is no great nourishment, our author observes, in the brain of living creatures; for the spirits too much prey upon it, he says, to leave any great nutritive virtue in it; but else, he is of opinion, that those parts which lie more inwardly of all living creatures, are more nourishing than the outward flesh.

Mincing of meat saves the grinding of the teeth, and must therefore (especially to age) be more nourishing; but as butter is not so proper for weak stomachs, it were better to moisten with claret, orange or limon-peel cut small, sugar, and a very little cinamon or nutmeg. As for chuets, says my author, which are likewise minc'd meats, instead of butter and fat, moisten partly with cream, or almond or pistachoe-milk, or with barley or maize-cream, adding a little coriander and caraway-seeds, and a very little saffron.

Aristotle directs, that wine be forborne in all consumptions; for that the spirits thereof prey upon the roscid juice of the body, and so rob it of its nourishment; if then it be necessary to use wine to help to strengthen the stomach, let it be burnt, that the quicker spirits may be evaporated. Sweats must be restrained gently. The rule in this case, which is prescribed by *Hippocrates*, ought to be followed, tho' 'tis against the present practice, *i. e.* that the linen garment next the flesh be kept dry in winter, and often changed; and in summer seldom,

dom, and smear'd over with oil; for any fat substance, in some measure, fills the pores of the body, and stops sweat. The more cleanly way is, to smear the linen over lightly with oil of almonds, and to shift as often as is fit.

As wine therefore, though it strengthens the stomach, weakens the spirits in a consumption, and as it is necessary to keep the stomach in a right tone, it is best to have recourse to outward applications, for avoiding both mischiefs. For this purpose, the best method, according to lord Bacon, is, to bedew a cake of new bread with a little sack or Alicant, and after it is dry'd before the fire, put it in a clean napkin, and lay it to the stomach: for 'tis certain, that all flour hath a powerful virtue of astringtion, insomuch that it hardeneth a piece of flesh, or a flower that is laid in it. For this reason a bag quilted with bran is also very good; but it must not lie long, because it drieth too much.

Sleep is a great nourisher; bears and other creatures that sleep in the winter, will, by that means only, grow very fat. This is not to be wonder'd at, since by sleep the spirits are less spent than by waking, and since it helps to thrust out the nourishment into the parts: for this reason a short nap after dinner is a great refreshment to men in years, to those of weak bodies, and to such as abound not with choler; for in such bodies there is no fear of an over-hasty digestion, which is the inconvenience of afternoon-sleeps. Sleep also in the morning, after taking something of easy digestion, as milk from the cow, nourishing broth, or the like, furthers nutrition: but this should be done sitting upright, that what is

taken may pass the more speedily to the bottom of the stomach.

It is right to change frequently, both in medicine and aliment; for nature, being long used to one thing, is less affected by it: as poisons themselves by habit may lose their effects.

Old men who have delighted in young company, and been conversant much with them, have been of long life; their spirits being exhilarated thereby. Such were the antient sophists and rhetoricians, who had always young auditors and disciples; as Gorgias, Protagoras, Isocrates, &c. who lived one hundred years, as also did many of the old grammarians; as Orbilius, &c.

Nor do antient people reap less benefit, by lying in the same bed with young, attracting to themselves the juvenile moisture, and nourishing juices, of the young. Hence *Abishag* the *Shunamite* damsel, who was put to bed to old king *David*, in the last decline of life, was a means to prolong the days of that prince: but, by parity of reason, the young person may suffer by their kind communication, and the longer they protract the life of the old person, the more they endanger their own healths: and hence it is, that when old rich men marry young poor damsels; or old rich women poor young men, the young person seems to have given a valuable consideration, if they live long together, and behave handsomely, for whatever fortune may be left them at last. Parents who suffer their children to lie with persons in years, (whether grandfathers, grandmothers, aunts, uncles, nurses, or governantes) should well consider this point.

O P H T H A L M I A.

See Eyes.

OPIUM

O P I U M.

IN all acute and vehement pain, opium is the sovereign relief; particularly in violent paroxysms of the colick, stone, gout, rheumatism, and hard labour of women.

Opium itself is a medicine that ought not to be meddled with, without advice; and therefore we shall refer its use to the direction of the skilful practitioner on the spot; only observing here, by way of caution, that it ought not to be administered, but while there is a due vigour and force in all the parts, and should be avoided when a crisis approaches; when an inflammation draws towards an abscess; also where there is a viscidty in the humours, or want of juices; in apoplexies, lethargies, palsies; in diseases springing from gross matter, in difficulties of respiration from phlegm; in a dropsy of the breast or belly; in cold diseases, where the pulse is weak, and the head heavy; in costiveness; in suppressions of urine; nor is it to be given to women in labour, because their pains are necessary. Wine, or the aqueous spirit of wine, which dissolves it all intirely, and is the English method of preparing it, is accounted the best.

Under this head, it may be proper to bestow a few words, in relation to the three noted compositions so frequently used in private families; *viz.* Venice-treacle, Diascordium, and Mithridate, in order to direct their uses, &c.

Venice-treacle may be given with advantage in the following cases; namely, in colicks, after a dose of physick; in defluxions of matter on the lungs; where cold is taken; af-

ter bleeding, and gentle physick; in fluxes of the belly, at bed-time; in convulsions, after proper discharges; in hoarsenesses from cold; in head-achs; in dry asthmas; in dropsies accompany'd with pains; in expelling dead children; in promoting the menstrual flux; in slow fevers, when restless; in the cold fits of fevers; in expelling repelled scabs; in bites of vipers, and others externally—But must be avoided in fevers where there is sleepiness; in the beginning of fevers, till proper discharges: and in general there ought to be a caution in common feverish colds. It is too common for the ladies to order this or the red powder to be given at the beginning of colds; by which mistake they blow up the embers, and turn them into a fever, and so endanger the lives they would preserve—A much better method for a new-taken cold, is, to keep them warm, or confin'd to their room for a day or two; to refrain flesh-meats, to drink posset-drink or sage-tea, and to keep to a meagre diet of thin water-gruel or chicken-broth, which will nip a fever in the bud. The greatest dose of Venice-treacle is four scruples, and the least three grains.

Diascordium is mostly used among physicians for stopping fluxes in the belly; and therefore, after proper discharges have been made, it is mix'd up with any compound waters, and others, and given either by way of draught, or by spoonfuls, at convenient distances. The greatest dose is five drachms and twelve grains, and the least six grains.

Mithridate is like Venice treacle, but not so effectual. 'Tis good

gainst all cold pains, and apply'd outwardly in pains of the teeth; 'tis a good anodyne-plaister, and gives ease; it also expels the dead child; but falls so far short of Ve-

nice-treacle, that it is not so often used as formerly. The greatest dose ought to be four drachms and two scruples, and the least three grains.

PALATE of the MOUTH.

SEE *Uvula*.

PALLIATIVES.

CHronical diseases, as coughs, phthificks, some kind of palsies, lunacies, &c. are most dangerous in their first stage; a wise physician will therefore consider whether the attempt of a speedy cure of a disease be not perilous, and in some cases, whether it be not better to be attempted by palliation, *i. e.* by alleviating the symptoms without busying himself about a

perfect cure, when the distemper, by violent resistance and opposition, may possibly carry away all before it. Palliatives often exceed expectation; and the patient by striving by little and little to overcome the symptom in the exacerbation, may turn suffering into nature.

PALPITATION.

See *Hypochondriack Distempers*.

PALSY.

A Palsy is a relaxation of the nervous parts from their natural tone, by which means their motion is impaired, and render'd incapable of exerting their proper offices. If it resists the effect of medicines, it commonly remains incurable. The same may be said, if it happens to persons in years, or of an ill habit of body. If the distemper continues a considerable time; the patient loses his memory.

In general, as to the cure, netting the relaxed member is of great use.

There is no remedy better than hot baths; but with some they do not agree. For poor people, warm baths may be made in imitation of natural ones after the following manner:

' Take four pounds of quick-lime, two pounds of powder of

' quick-sulphur: boil it a little in
' twenty or thirty gallons of com-
' mon water pro semicupio.'

Scio-turpentine is admirable in this disease, and is administred thus:

' Take three drachms of Scio
' turpentine; dissolve it in the yolk
' of an egg, mixing with it one
' ounce of syrup of French laven-
' der, four ounces of alexiterial
' milk-water: mix 'em, and make
' a draught to be given every morn-
' ing for four times.'

The following plaister may be applied to the back, as very advantageous:

' Take plaister of frogs, one
' ounce, with fourfold mercury;
' of camphire, half a drachm: mix
' it; soften it with oil of amber,
' and make a plaister.'

To discuss any humour settled in the joints of the loins or muscles, use

use the philosophers oil, or that oil of turpentine which is yellow, and comes off next the spirit in distillation. Juice of sage with nutmegs and castor have place here, as has the following cataplasim :

‘ Take the pulp of boil’d turneps, four ounces; herb rue pounded, two ounces; mustard-seed, one ounce; album græcum-powder, powder of euphorbium, of each two drachms; powder of brimstone, three drachms; one hundred drops of oil of amber; a sufficient quantity of ointment for the nerves: mix’em, and make a cataplasim to be applied to the throat.’

A fomentation made with a decoction of emmets, and their hillocks, in common water, used every day, often proves highly beneficial, and restores the parts to their natural strength: with it may be used the following oil :

‘ Take of mustard-seeds unbruised, what quantity you please; a sufficient quantity of compound spirit of lavender to wet it; infuse it cold for twenty-four hours; then extract the oil, and anoint the parts affected, together with the spine of the back, and the joints of the neck with it.’

In the palsy of the tongue, the juice of sage alone restores the speech. The following gargarism is sometimes used with good success:

‘ Take sage-leaves, and rosemary-leaves, each one ounce; hyssop-leaves, and pennyroyal-leaves, each half an ounce; stavesacre-seeds, and mustard-seeds, each half an ounce: boil it in a sufficient quantity of spring-water to a pint: strain it, and add two drachms of sage-juice purified; oxymel of squills, and Hungary-water, each

‘ one ounce; syrup of French lavender, three ounces: mix it, and make a gargarism.’

Let the patient hold two spoonfuls in his mouth for some time, and then spit it out; and repeat the same often in a day.

If a paralytick limb be withered, it is scarce ever known to be restored.

As to the cause, whatever stops either the flux of the spirits, or the flux of the blood to any part, induceth a palsy; for both are necessary for sense and motion: such are all the causes of an apoplexy, an epilepsy, extreme and lasting pains, the suppression of usual evacuations, either natural or morbid, translations of morbid matter in acute distempers; whatever distends, distorts, compresses, or contracts the nerves; strong and strait ligatures, luxations, fractures, any inflammation in the integument of a nerve, especially in the ganglia, where they are tied together; serous defluxions, excess in astringent aliment, especially unripe fruits; drinking too much warm water, which is weakening and relaxing; excess in coffee or tea; extreme heat; extreme cold; poisonous vapours of arsenick or mercury.

A palsy is more or less dangerous according to the cause, the extent, and seat of the disease. When the original of the disease is in the brain, it is most dangerous; when it seizeth the heart, or organs of breathing, fatal; because life cannot be continued a moment without the use of those parts.

The regimen in this disease ought to be warm, attenuating, consisting of spicy and cephalick vegetables, such as create a feverish heat, because such is necessary to dispel the viscosity. Of vegetables, soapy ;

of such as consist of an acrid, volatile salt and oil, mustard, horse-radish, &c. stimulating by vomits, sneezing, relaxing the belly, purging and diluting strongly at the same time, promoting sweat by such motions as can be used, or other means, by strong frictions, &c.

Bleeding is to be used or omitted according to the symptoms which affect the brain; it relieves in any inflammatory disposition of the coat of the nerve.

The art and skill to find out the part primarily affected, must be learned from anatomy, which shews the origin and insertion of the nerves.

Riverius gives us the following helps for this purpose:

If the face be resolved, and all the other parts firm, then we are sure the brain only is affected; and in that particular place, whence the nerves come into that part.

If the parts below the head and face also be hurt, then both the brain and spine are affected.

If the lower parts suffer, and the face escape free, then the fault is in the spine only.

If the thighs and legs be struck, the cause is toward the lower end of the medulla spinalis, about the vertebræ of the os sacrum.

If one side of the face or body suffer resolution; then one side of the brain, or of the spine, occasions it.

And thus in the rest, the original cause is to be sought for, where those nerves arise that run into the paralytick member.

The following recipes are of approved efficacy in these disorders.

A choice external Remedy for paralytick Affections.

MAKE a strong decoction of rosemary-leaves, (or flowers, if the

season afford them) and let the patient hold the part affected for a good while at a time in the liquor kept very warm. If after several trials this medicine prove not effectual enough, take ten drops of oil of worms, and mix with it well four or five drops of oil of turpentine; and with this mixture well warmed, anoint the part from time to time, or else let the patient keep the part for a good while together, for more than once or twice, if need require, in warm rain-water (to dissolve the scorbutick salts).

A choice Medicine for the Palsy.

TAKE sarsaparilla, a pound and a half; bark of guaiacum, china in chips, of each two ounces and a half: boil all in six pints of water to a consuming of a third part: at the end, add raisins of the sun stoned, four ounces; liquorice bruised, one drachm; fat figs, number twelve: boil, and strain it. Of this let the diseased drink warm, as their ordinary drink.

For the Megrim, Vertigo, Palsy, &c.

TAKE male peony-roots, (fresh taken up and bruised) two ounces; mistleto cut small, one ounce; Canary wine, one pint: give them a hot and close infusion for two hours; then having wrung out the liquor, add to it compound peony-water, and compound syrup of the same, each two ounces; tincture of castor, two drachms; oil of nutmegs, two drops; mix.

It clarifies and invigorates the brain and nerves, and is of use in convulsive maladies, essential headache, megrim, vertigo, palsy, and hysterick affections.

Give three ounces every night and morning.

Pills

Pills good in paralytick and hysteric Maladies.

TAKE salt of hartshorn, salt of amber, of each one scruple; crum of white bread newly baked, two scruples; oil of lavender, four drops: with balsamick syrup make all up into twenty pills for four doses.

An excellent Powder against sleepy and paralytick Affections.

TAKE marjoram, Arabian stœchas-flowers, each five grains; nutmeg, three grains; mustard-seed, two grains; oil of saffraſas, one drop: make all into powder.

It opens the passages of the brain and nerves when subsiding by reason of laxity, and therefore is a most desirable remedy against soporose and paralytick affections. To be given night and morning.

A paralytick Gargle.

TAKE white-wine, half a pint; mustard made up as it comes to table, two ounces; savory or thyme-water, four ounces; honey of roses, two ounces; vinegar, enough to render it pretty tart: mix.

Riverius prescribeth thus: Take mustard-seed powdered, one drachm, vinegar of roses, white sugar, each one ounce; water, three ounces: mix.

Instead of savory or thyme-water, (if not at hand) may be substituted a decoction of saffraſas.

Against palsiſical and drowsy Distempers.

TAKE powdered mustard-seed, half an ounce; conserve of rue, two ounces; syrup of stœchas, one ounce and a half; oil of rosemary, lavender, each four drops; mix.

It penetrates into the nerves, opens their obstructions, and puts a new sprightliness into the clogged spirits. 'Tis of use in the cold scurvy and dropſy, as well as in sleepy illnesses and the palsy. The dose is from two drachms to half an ounce thrice a day.

A Mustard Gargle for the same.

TAKE fair water, half a pint; brandy, vinegar, of each four ounces; mustard-seed powdered, half an ounce; sugar, one ounce; mix.

These things may easily be procured, and presently thrown together, in case of haste, in soporose distempers; and are useful also in a palsy of the tongue.

A Cataplasm for paralytick Limbs.

TAKE turneps baked in an oven, eight ounces; rue, four handfuls; mustard-seed, two ounces; oil of juniper, two drachms; nerve ointment, as much as needful: when it is spread upon a cloth, sprinkle it with powder of euphorbium.

A paralytick Oil.

TAKE oil of amber, saffraſas, each one drachm; oil of rosemary, pepper, each one scruple: mix.

An Electuary against the Palsy.

TAKE mustard-seed dried and powdered, five ounces; cress-seeds, two ounces; syrup of the juice of sage, enough to mix and make an electuary. Take half an ounce of it every day for several months, anointing the paralytick parts twice a day with oil of amber, rubbing it in before a good fire for half an hour at a time: continue it a fortnight or three weeks, and you will hardly fail of a cure, if the palsy be but newly come.

A Plaster against the same.

TAKE gum ammoniack, galbanum, Burgundy pitch, cumin plaister, of each alike: spread it on leather, and apply it to the back.

For a Palsy over the whole Body.

TAKE mustard-seed bruised, two ounces; cinamon bruised, three drachms; white-wine, a quart: infuse them together cold, and strain

it; then put to it compound spirit of lavender, three ounces. Give the patient four spoonfuls three times a day.

See *Distillery*; also *Apoplexy*, *Epilepsy*, *Head-ach*, *Hypochondriack Distempers*, *Scurvy*, &c.

PARALYTICK.

See *Palsy*.

P A S S I O N S.

DR. Cheyne makes the following judicious observations on this head:

1. He says, That the passions have a greater influence on health, than most people are aware of.

2. All violent and sudden passions dispose to, or actually throw people into acute diseases; and sometimes the most violent of them bring on sudden death.

3. The slow and lasting passions bring on chronical diseases; as we see in grief, and languishing, hopeless love.

4. Therefore the sudden and acute passions are more dangerous than the slow or chronical.

5. Men of lively imaginations, and great vivacity, are more liable to the sudden and violent passions, and their effects.

6. Thoughtful people, and those of good understanding, suffer most by the slow and secretly consuming passions.

7. The indolent and the thoughtless suffer least from the passions: the stupid and idiots not at all.

8. The diseases brought on by the passions, may be cured by medicine as well as those proceeding from other causes, when once the passions themselves cease, or are quieted; but the preventing or calming the passions themselves, is the business not of physick, but of virtue and religion.

9. The love of God, as it is the sovereign remedy of all miseries, so, in particular, it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds, and by the unspeakable joy, and perfect calm, serenity, and tranquillity it gives the mind, becomes the most powerful of all the means of health and long life.

PERFUMES.

See *Odours*.

P E R S P I R A T I O N.

THE fewer cloaths we use ourselves to, the harder we shall be. Flanel, and too warm cloathing, day and night, relax the fibres, and promote debilitating

sweats, instead of the natural and beneficial perspirations.

Insensible Perspiration is the last and most perfect action of animal digestion: the keeping it up in due measure,

measure, is the cause as well as sign of health; and the least deviation from that due quantity, the certain fore-runner of a disease: therefore the best indications for diet are taken from the measure of perspiration. The food which is most vapourish and perspirable, is certainly the most easily digested; but such may be proper or improper for the animal, according to its circumstances.

The strength of the aliment must be proportioned to the action of the solids upon it; which, in an animal under a course of exercise or hard labour, is much stronger: therefore aliment too vaporous or perspirable will subject it to the inconveniences of too strong a perspiration, which are debility, faintings, and sometimes sudden death. What diminishes sweating, or the *sensible* perspiration, increases the *insensible*: for that reason a strengthening and astringent diet often conduceth to this purpose. The most nourishing aliment is the least perspirable, except mutton, which of all others is the most so, and hogs-flesh the least; and for the same reason eels, and all very fat and oily substances. Copious food of small nourishment perspires much.

A stomach too void, or too full, stops perspiration.

The fruits of the low pomiferous plants, as cucumbers, melons, &c. stop perspiration; therefore they are wisely provided by nature in a season when the perspiration is too great.

Variety of meats diminish perspiration.

Honey in cold constitutions increaseth perspiration, except when it promotes too great a secretion of the bile; and then it diminisheth it.

Drinking excessively during the time of chylification, stops perspiration. Let those who sit long at their bottle after meals, says a learned physician, consider this.

The most sure sign of a deficient perspiration is flatulency or wind.

See *Sudorificks*, &c.

PHLEBOTOMY.

See *Evacuations*, &c.

PHLYCTÆNÆ.

See *Cutaneous Distempers*.

PHRENSY.

See *Madness*.

P H T H I S I C K.

THIS term is generally applied, in the highest stage of it, to such as have ulcerated lungs with a hectic fever.

A phthysical cough, however, is not to be immediately esteemed a pulmonary cough, because it may be stomachical, (see *Coughs*, &c.) which may however at length become pulmonary.

Vomits are very good in the beginning of all consumptions. Purges

must be avoided; all syrups and sugared things are pernicious. Rob of raisins is much esteemed.

A person was cured by an eminent physician only with a decoction of elecampane-root, with raisins and liquorice, adding a tenth part of Spanish-wine, which is very nourishing.

Diaphoretick antimony, Potter's antihecticum, sperma-ceti, and a decoction of the woods, excel all other

other medicines in the sharpness of the lymph.

To cleanse an ulcer of the lungs, and discharge the adhering matter, medicines of tobacco are most eligible.

The patient's common drink should be impregnated with fumes of sulphur, which, with other things drawn in through the mouth, are of singular efficacy in desperate cases.

Balsam of sulphur prepared with oil of aniseeds, by a slow fire, speedily and safely cleanses and heals fresh ulcers.

Conserve of red roses is much esteemed to consolidate the ulcers; and, above all others, a decoction of red roses, strongly expressed, and sweetened with a small quantity of sugar.

If the hectick heat be violent, and the consumption makes a swift progress, a milk diet must be entered on, and asses milk, or butter-milk, principally chosen.

The most sovereign remedy of all in this distemper, is daily riding on horseback, in which exercise the patient need not be confined to a strict diet.

For a phthisicky Cold.

TAKE China-roots, six ounces; elecampane, and Florentine iris,

P I L E S.

WHEN they bleed, and unload themselves, are often a great relief to nature. But when they only swell, they are very troublesome, and sometimes dangerous, because they may turn into fistula's, and perhaps gangrenes.

To relieve them you should lose ten or twelve ounces of blood from the arm; after which the coſtive-

of each four ounces; sarsaparilla, half a pound; the leaves of harts-tongue, maiden-hair, ground-ivy, lungwort, of each one ounce; white poppy-seeds, pearl barley, of each six ounces; liquorice, three ounces; raisins of the sun, and figs, of each four ounces; let these be cut, sliced, gently bruised, and divided into two ounce-papers, which boil in a quart of fair water to the consumption of half, over a gentle fire in an earthen pot with a cover; then strain it, and divide it into two parts, whereof take one warm in the morning fasting, the other in the afternoon about five o'clock, walking a little after. In a spoonful of the same liquor take a paper of the following powder, before you drink the rest. This method is to be continued a fortnight, taking your salts in the beginning, middle, and end. Let blood after the ninth day of the course.

The Powder.

Take of the powder of benzoin, one ounce; and divide it into twenty-four little papers for use.

See Asthma, Consumption, Cough, Pleurisy, &c.

ness which generally attends them may be relieved, as well as the swelling, by the following means:

'Take Aethiops mineral, a scruple; brimstone in powder, five grains; crabs-eyes, and volatile salt of hartshorn, of each four grains; lenitive electuary, half a drachm: mix, and make a bolus, which take three times a day.' Also, 'Take

Take ointment of populeon, one ounce; burnt cork, one drachm; Balauſtin flowers powdered, one ſcruple; opium diſſolved in oil, five grains; ſugar of lead, four grains; mix, and make an ointment, which apply on cotton, and keep it bound on with a bandage, the upper part of which muſt go about the body, and the under part muſt come under the thighs, and ſo tie upon the fore part of the bandage, and it keeps on the ointment.

Hogs-lard rubbed ſo long between two large flat leaden weights, that it becomes black, applied to the part, has alſo frequently given immediate relief.

If blood is diſcharged with the excrements, it is the true piles; but if it flows without pain, it is ſcorbutick.

Outwardly apply leaches, or rub the part affected with freſh fig-leaves a little bruifed.

For exulcerations make a liniment of aurum fulminans, and oil of ſweet almonds.

Oil of box is more effectual towards eaſing the pain than any thing elſe, mixed with oil of linſeed.

The Emperor Charles V. was cured only by painters varniſh, and oil of roſes.

Prepare the varniſh of oil of flax, twelve ounces; Venice-turpentine, four ounces; the pureſt ſandarack, or juniper-gum, three ounces: melt 'em over a gentle fire, &c.

For another excellent eaſer of pain, take of the herb road-flax with the flowers, as much as you will; boil it with hogs-lard, till it grows green, and makes an ointment: For uſe add a proper quantity of the white of an egg.

Rosemary eaten every morning with a little honey, will quite take away the piles.

Onion or leek roaſted under the aſhes, with oil of roſes and a little ſaffron, is highly recommended. A leek fried with butter in a pan is an admirable remedy.

Oil of amber uſed by itſelf cures the moſt violent pain.

The Dog-and-duck water in St. George's Fields, drank for ſome time as common, is of excellent uſe in this caſe.

The following approved recipes have likewiſe been attended with great ſucceſs in different caſes of this malady; out of which the patients may chuſe as they beſt approve.

An eaſy and experienced Remedy for the Piles.

IN four ounces of ſpring-water, diſſolve about one drachm of ſalt of tartar, or as much as will give the liquor a manifeſt, but not ſtrong alkalitate taſte, and apply ſoft rags dipped in luke-warm, or ſomewhat more, to the part affected, ſhifting it from time to time.

A choice internal remedy for painful Piles.

TAKE half a drachm of choice live ſulphur, and mix it with a little ſugar to make it reliſh; and give that doſe once, or, at moſt, twice a day.

An experienced Remedy for the unbroken Piles.

TAKE calcined oiſter-shells, and incorporate them with as much honey as will make up the powder into an ointment; with which the part affected is to be tenderly anointed from time to time.

Another very ſucceſſful try'd Medicine.

TAKE maiden leeks, (as ſome call thoſe that grow without having

having been transplanted) and casting away the green part, make of the bulbous part, and a sufficient quantity of whole oatmeal, a caudle; whereof let the patient eat plentifully.

An astringent Ale, good against the Piles, and all Sorts of Bleedings.

TAKE roots of comfrey, Solomon's-seal, each eight ounces: boil them in six gallons of very strong wort to four; strain it off, and when you thin it up, pour into it juice of plantane and yarrow, each one pint; hang into it (in a bag) shepherds purse, knot-grass, fanicle, mouse-ear, each four ounces; raisins stoned, twelve ounces: let all work together. This, the doctor observes, also gives strength to the blood; conglutinates ruptured vessels, is of singular avail against the whites, immoderate sweating, and ichorous ulcers.

For the Piles.

TAKE the juice of yarrow depurated, or cleansed, one pint; white sugar, two ounces; mix. When the flux is too violent, then this easily procured styptick may, says the doctor, bring good assistance; and was the great secret of a certain skilful physician. *Riverius* says, that the decoction of yarrow, used as an ordinary drink for three days together, happily takes off the pain of the piles. The dose is three or four ounces twice a day.

An Emulsion against the Piles.

TAKE the seeds of melons and pumpions, of each half an ounce;

white poppy-seeds, two drachms; five sweet almonds shelled: beat them in a marble mortar, and pour in by degrees barley-water about a pint; rose-water, two drachms; fine white sugar, what is sufficient: mix them well together, and give the patient three ounces very often.

A Bolus for the Piles.

TAKE pulp of cassia new drawn, two drachms; flowers of brimstone, half a scruple: mix, and make a bolus, to be taken at four o'clock in the afternoon, and ten in the morning, and let them take a draught of milk-water upon it.

A Fomentation for the bleeding Piles.

TAKE hounds-tongue, plantane, yarrow, elder-leaves, of each three ounces; pomegranate-peels, one ounce; boil in water, and rough red wine, of each three pints: in the strained liquor dissolve alum, half an ounce; sugar of lead, two drachms. It not only checks the bleeding piles, but also the immoderate flux of the menses.

A Fomentation for the dry Piles.

TAKE onions, linseed, of each four ounces; henbane, nightshade, yarrow, and house-leek, of each two ounces; boil them in a gallon of water to two quarts: in the strained liquor dissolve of the best opium, two drachms. Bathe the part therewith, and it will soon give ease.

See Hemorrhages.

PILLS, and their Virtues.

*Balsamick Pills to sweeten the Blood,
and an Ointment to cure Pains in
the Body or Limbs.*

TAKE of turpentine of Scio, three drachms; balsam of Tolu, half a drachm; balsam of Peru, three scruples: beat these all together well in a mortar; then, with powder of crabs-eyes, make them up into pills of a common size. Take four pills every morning and evening, without any observation, drinking after them half a pint of warm ale. Continue the use of them one whole month together, and for three or four months in the year. This is called the balsamick pill. For your pain, take two or three spoonfuls of the best oil of turpentine, and as much nerve-oil; put both together into a pipkin, and warm them, which will make them mix. Then before a brisk fire let the place pained be well rubbed in, by a warm hand, with the ointment, till 'tis three or four times well dried in; afterwards wrap it about, and go into a warm bed.

To make the Scots Pills.

TAKE two ounces of aloe succotrina, and put it into an earthen pot that will bear the fire; pour upon it a pint of violet-water: co-

ver it close, and set it upon wood-embers; keep a constant heat to it, but let it not boil till the water is dried up; then put to it the like quantity again. When it is dried up, if you can get it, put to it a pint of the juice of violets; if not, half a pint. Keep the same constant heat all the time, till it is of a dryness to make into pills; then take it out, and put it into a gally-pot, and cover it close. Take four or five common-sized pills, as you find occasion. If you take them at night, they will work the next day at noon, drinking water-gruel in the morning.

To make Violet-water for the Scots Pills.

PICK the violets, and put them into an earthen pot well glazed; then boil a pint and an half of spring-water, and pour upon 'em: it must be very thick of violets. Let it stand upon wood-embers. It must not boil, but be kept very hot for twenty-four hours; afterwards strain it off. Wring it pretty hard; this done, put as many more fresh violets, and let it stand another twenty-four hours; then strain it again, and use it for the pills: keep it close covered while it is doing.

P L A G U E.

THE plague is often taken without manifest sense: where it has been found, it hath a scent of a mellow apple, and, as some say, of May-flowers. Smells of luscious or mellow flowers, as white lilies, cowslips, and hyacinths, are by some thought bad for the plague.

The plague is not so easily received by such as continually attend the infected, such as physicians, keepers of the sick, &c. as by fresh persons; nor by such as take antidotes, either inward, as mithridate, juniper-berries, rue, &c. or outward, as angelica, zedoary, &c. in the

the mouth, tar, galbanum, &c. to smell to; nor again by old people, and those of a dry and cold complexion. But it takes soonest hold of those that come out of a fresh air; of such as are fasting; of children; and it is also noted to go in a blood more than to a stranger, and therefore those of kin should not be too busy about the infected.

The most pernicious infection next the plague, is the smell of a gaol, when prisoners have been long, close, and nastily kept. Whereof, says the great Lord Bacon, we have had, in our time, experience twice or thrice, when both the judges that sat upon the prisoners, and numbers of those who attended the business, or were present, sickened upon it, and died; it were therefore wisdom in such cases to air the gaol before the prisoners were brought forth.

Out of question, if such foul smells be made by art, and by the hand, they consist chiefly of man's flesh, or man's sweat, putrified. For they are not those stinks and fetid smells which the nostrils straitly abhor and expel, that are most pernicious; but such airs as have most similitude with man's body, and so the more readily insinuate themselves, and betray the spirits. Poisoning of air is no less dangerous than poisoning of water; and this may be too easily affected, in great assemblies of people in houses, &c. as in churches, at arraignments, at plays, and publick solemnities. This wicked art hath been practised by the Turks in war, and by Emanuel Commenus against the Christians, when they passed through his country to the Holy Land. And these empoisonments of air are the more dangerous in

great meetings of people, because the great perspiration promotes the infection.

Particular persons have been poisoned by odours, and by perfumed gloves, &c. and 'tis probable the most deadly poisons are mingled with sweet smells, which make them the more efficacious.

Plagues also have been raised by anointing the chinks of doors, &c. as the same author says; not so much by the touch, as for that it is common for men, when they find any thing wet upon their fingers, to smell to it.

Great plagues have been propagated in divers countries by the putrefaction of great swarms of locusts and grasshoppers, when they have died, and been thrown in heaps.

In mines are frequently such damps as kill either by suffocation, or by the poisonous quality of the mineral. And those that deal much in refining, or other works about metals and minerals, have often their brains hurt and stupified by the metalline vapours; among which, it is noted, that the spirits of quick-silver always fly to the skull, teeth, or bones; insomuch, that gilders use to have a piece of gold in their mouths to attract the spirits of the quick-silver; which gold they afterwards find to be whitened.

Many have been killed by the vapour of charcoal or sea-coal in a close room without vent; and it is the more dangerous, because it comes without any ill smell, stealing on by little and little, inducing only a faintness without any manifest strangling.

When the Dutchmen wintered at Nova Zembla, says Lord Bacon, and could gather no more sticks, they made a fire of some sea-coal they

they had, which at first much refreshed them; but in a little while there grew a general silence and lothness to speak among them, and immediately after, one of the weakest of the company fell down in a swoon. Whereupon, doubting what it was, they opened their door to let in air, and saved themselves. The effect, no doubt, is wrought by the inspissation of the air, and so of the breath and spirits. The like ensues in rooms newly plaistered, if a fire be made in them, which occasioned the death of the Emperor Jovinian. And the air is no less unwholesome upon the first showers after a long drought. As is observed under the head of AIR.

Some apothecaries, upon stamping of colocintida, have been put into a great scouring by the vapour only. And the burning of Guiney-pepper has often provoked, from the strength of its spirit, a continual sneezing from all in the room.

A sovereign Antidote against the Plague, invented by Dr. Burges.

TAKE three pints of Malmsey, and boil therein an ounce of sage, and as much rue, till a pint be wasted; then strain it, and set it over the fire again, and put thereto half an ounce of long-pepper, half an ounce of ginger, a quarter of an ounce of nutmegs beaten together; let it boil a little; after which put thereto four drachms of mithridate, two drachms of Venice-treacle, a quarter of a pint of good aqua vitæ, or hot angelica-water, which is better. Keep this as a most valuable treasure; take always a spoonful or two of it warm, if you be diseased, and sweat thereupon (if not, once a day is sufficient). This is not only good for the common plague, called The sickness, but the

measles, small-pox, surfeits, and divers other diseases.

To make Plague-water.

TAKE jujubes, sebastian, roots of althea, eringo-roots, and polypodium roots, each two ounces; a large handful of maiden-hair; all sorts of dry'd blossoms of field-cowslips, cloves, borage, &c. angelica, rosemary, origanum, rue, fleetwort, St. John's-wort, centaury, colts-foot, bugloss, balm, sweet-mints, tormentil, yellow marjoram, sage, harts-tongue-leaves, polypodium, betony, wormwood, motherwort, pimpernel, scabious, celandine, succory, fluellin, monk-ear, herb Robert, round robins, agrimony, wild sage, germander, wild germander, fumitory, mugwort, silverwort, tansy, artemisart, water-creffes, wood-sorrel, each one ounce and half; carduus, wall-gilliflowers, both herbs and flowers; French wormwood, sage of Jerusalem, winter-savory, each one ounce; boys-love or southernwood, and Jacob's-ladder, each half an ounce; aniseed and liquorice, each three ounces; cloves and mace, each one ounce; three quarts of brandy. Take the juice of balm, borage, mints, agrimony, betony, celandine, each half a pint; then take two gallons of wort, cyder-lees or sack-lees; steep the herbs a night or two close stopped: put them into a still, and the juices, roots, flowers, and brandy, when in the still, but mix them a little together: keep but a slow fire under it. Cut the herbs a little before they are steeped.

See Air, Odours.

P L A N E T-S T R U C K.

See Cutaneous Dissemper.

P L A N T S.

See Herbs, &c.

P L E T H O R A.

See Constitution, &c.

P L E U-

P L E U R I S Y.

Pleurisy is an inflammation of the pleura, and is hardly distinguishable from an inflammation of any other part of the breast, lungs, &c. and proceeds from a stagnant blood, and is to be remedied by evacuation, suppuration, or expectoration, or all together.

Bleeding ought to be used in the beginning of the distemper, and to be repeated as often as the circumstances of the disease, and the patient's strength, will permit; for many persons who cannot bear a sudden expence of blood will be very little affected by repeated bleedings in a small quantity.

When this is done, the *obstruction*, from whatever cause it arises, must be attempted to be opened by testaceous or well-diluted volatile medicines. The following are good in this case; *viz.*

‘ Take alexipharmick milk-water, four ounces; black cherry-water, four ounces; Dr. Stephens’s water or aqua mirabilis, two ounces; diaphoretick antimony, one drachm; syrup of red poppies, one ounce: mix, and make a julep, of which take three or four spoonfuls often in a day.’ Or,

‘ Take sperma-ceti, one drachm; saffron in powder, eight grains; contrayerva-stone, half a drachm; syrup of marshmallows, enough to make three bolus’s; one of which to be taken every six hours, with three spoonfuls of the following julep; *viz.*

‘ Take milk water, eight ounces; volatile salt of hartshorn, half a drachm; balsamick syrup, one ounce and half; mix and make a julep.’

You must then proceed to assist *expectoration*, and to ease the cough,

for which the following prescription is excellent:

‘ Take syrup of maiden-hair, two ounces; oil of almonds, one ounce; sperma-ceti, one drachm; loaf sugar, two drachms: mix and make a lambative; whereof take one or two spoonfuls whenever the cough is troublesome. And let the patient drink at pleasure of a liquor made of the decoction of the syrup of maiden-hair, two pounds; and balsamick syrup, two ounces.’

If the *pain* continue vehement, lenient medicines must be administered both inwardly and outwardly; and the following are very proper for both intentions; *viz.* 1. Inwardly, after bleedings have been sufficiently premised:

‘ Take black-cherry-water, two ounces; peony-water compound, two drachms; syrup of white poppy, called diacodium, six drachms; mix, and make a draught to be taken at bed-time.’

2. Outwardly.

‘ Take sperma-ceti, two ounces, melt it; oil of almonds, three drachms; ointment of orange-flowers, or marshmallows, half an ounce: mix, and make an ointment to be rubbed in morning and evening, and apply a warm flanel over the part.’

After this ointment has been soaked in, half fill an ox-bladder with the following decoction, and apply it warm wrapt up in flanel, to the part; *viz.*

‘ Take an ounce of rue and sage; elder and chamomile-flowers, of each half an ounce; and half an ounce of aniseeds; and half an ounce of cumin-seeds; bruise them, and boil them in equal parts of milk and water.’ If

If these methods prove ineffectual, a blister may be applied to the part: the blood may be drawn off by cupping, or the matter may be brought to suppuration, as follows;
viz.

‘ Take roots of mallow or marsh-mallow, of lilies, of each one ounce; leaves of mallows, flowers of chamomile, elder-flowers, fenugreek-seeds, and mallow-seeds, of each one ounce; and eight fat figs: boil all these in milk, till the whole milk be evaporated: bruise them, and add hogs-lard and fresh butter, of each an ounce and a half; mix, and make a poultice, and apply it warm morning and evening.’

When the imposthume is ready to be opened, which is known by the softness of the part, and abatement of redness and pain, open it either with a lancet or caustick; and then cleanse and heal it in the usual manner:

Cooling emulsions ought to be given to moderate the *heat of the blood* attending pleurisies; and if the belly is not open, clysters should be administered; for both which intentions the two following are very proper:

1. To temper the heat of the blood in pleurisies:

‘ Take barley-water, two pounds; of each of the four large cold seeds, half a drachm: bruise them all in a mortar together; strain out the liquor, and sweeten with sugar, for common drink to quench the thirst.’

2. To keep the belly open, and procure a stool:

‘ Take barley well cleansed, a handful; mallow-leaves, mercury-leaves, and violet-leaves; flowers of roses and violets, of each half an ounce; boil in water to half a

pound: add cassia fresh drawn, and red sugar-candy, of each an ounce; oils of lilies and linseed, of each half an ounce; common salt, one drachm; mix, and make a clyster.

Remember to drink every thing milk-warm, encourage rest, and keep quiet.

An excellent physician gives the following observations on the cause and cure of this distemper, and the regimen to be pursued in it.

There is none of the membranes, says he, which invest the inside of the breast, but may be the seat of this disease.

The causes of it, besides those common to all inflammations, are often a particular disposition to inflammatory distempers; a straightness of the arteries of the pleura; a callosity of that membrane; an adhesion of the lungs; the sudden admission of cold air by too thin cloathing; too hot a regimen; and especially the copious use of spirituous liquors; cold liquors drank when the body is very hot; a translocation of some inflammatory matter from some other part; but most of all cold air from a northerly or north-easterly wind; from which causes proper cautions may be taken in the regimen by way of prevention.

This disease is sometimes dry, without any spitting, and sometimes attended with expectoration from the lungs, and that is taken off by a coction and resolution of the feverish matter, or terminates in suppurations, or a gangrene.

The regimen ought to be much the same as in inflammation of the lungs, (see *Ulcer*) a cool, relaxing, slender, diluting diet, and avoiding all things which increase heat, even to hot air.

The symptoms of suppuration are the same as in inflammations of the

the lungs; when the matter is made, the side must be opened to let it out.

When the disease resists all remedies, the sudden abatement of the pain, a quick weak pulse, sometimes intermitting, short breath, and cold sweats; are symptoms of a gangrene, and approaching death.

The following remedies have also been efficaciously tried in this distemper, in particular cases.

For a Pleurisy, and Streightness of Breath.

TAKE linseed-oil new-drawn, syrup of ground-ivy, of each one ounce and half; sugar-candy powdered fine, two drachms; powdered orris, one drachm; flower of sulphur, half a drachm; tincture of gum-ammoniack, twelve drops; oil of aniseed, four drops; flowers of Benjamin, six grains: mix.

Against fixy Blood in Pleurisies, Rheumatisms, &c.

TAKE Irish slate, fifteen grains; salt of amber, three grains, salt of hartshorn, two grains; oil of nutmeg, one drop; mix.

For a Pleurisy.

TAKE linseed-oil fresh-drawn, one ounce and a half; syrup of maidenhair, six drachms; mix them, and give the patient every five or six hours, drinking after it six spoonfuls of the following infusion:

Take stone-horse-dung, six ounces; white-wine, one pint: infuse it cold, and very strong expressed: to the strained liquor add syrup of wild poppies, one ounce; sweet spirit of nitre, two drachms: mix them all together, and give the patient as before directed.

A Liniment for a Pleurisy.

TAKE ointment of marshmallows, one ounce; spirit of wine cam-

phorated, two drachms; compound spirit of lavender, turpentine, of each one drachm: mix them together, and anoint the side grieved with a warm hand; and afterwards apply the following plaister:

The Plaister.

Take cumin-plaister, an ounce; camphire, two scruples; oil of amber, fifteen drops: make them into a plaister; spread it on leather, and apply it to the side affected.

N. B. The foregoing liniment and plaister ought not to be used in case of spitting of blood, because they rarefy the fluids, and increase the symptoms.

A Decoction against the Pleurisy.

TAKE pennyroyal, hyssop, and chamomile-flowers, of each one ounce; balls of stone-horse dung, number eight: steep them together in a close vessel three or four hours over the fire, with barley-water and white-wine, of each one pint; then press it out hard, and to the clarified liquor add compound horse-radish-water, four ounces; and syrup of five roots, two ounces; mix, and keep them for use.

It is an almost infallible remedy for pleurisies, and any stitches in the breast or side. Take about four ounces for a draught.

A Water for the Pleurisy.

TAKE fresh horse-dung, number twelve; white-wine, a gallon; sweet fennel-seeds, parsley-seeds, of each two ounces; treacle or melasses, one pound; polypody of the oak; butchers-broom, liver-wort, of each two ounces; ginger, three ounces; mix, and distil with a gentle fire. It prevails against pleurisies, pains, and rheumatisms. Give four ounces, and go to bed and sweat upon it.

See Gout, Inflammations, Rattle-
snake Root, Rheumatisms, Venom-
ous Bites, Ulcers, &c.

POISONOUS PLANTS:

See Venomous Bites.

POLYPUS.

See Smelling.

P O U L T E S S E S.

A Poultess.

TAKE a small handful of groundsel, half a pound of currans, and a quarter of an ounce of gentian-roots sliced; boil all these in a pottle of water, till it is reduced to a quart: let this be drank often, and let the child drink a great deal of fumitary-water, and syrup of fumitary. This hath cured a child which was broken out till she was ten years old. If you will, you may put a little sena into it. You may put on this poultess: Take of ground-ivy or hay-hoes, mallows and plantane, each one ounce; of elder, one ounce: cut these herbs a little, mingle them with raw cream, and lay it on to the face.

To make a Poultess for a sore Leg.

TAKE of claret, and water, each a quart; dried elder-flowers, chamomile-flowers dried, and red rose-leaves, of each one ounce; linseed, half an ounce; fenugreek, an ounce; beat all these well together, and boil them in the liquor for half an hour; then take half the stuff to bathe the leg with two pieces of flanel steeped in it; and put one after another as hot as it can be endured: then take horse-beans beaten fine, and sifted thro' a sieve: put the bean-flour to the other part of the stuff, and thicken it up to a poultess: spread it hot on a piece of cloth pretty thick, and put it on hot.

P O W D E R S, *and their Virtues.*

The red Powder.

TAKE carduus, tormentil, betony, scabious, pimpernel, angelica, dragon, balm, strawberry-leaves, violet-leaves, rosemary, dandelion, fumitary, rue, sage, borage, endive, succory, St. John's-wort, grimony, of each one ounce: chop 'em very small, and put 'em to steep in a gallon of white-wine twenty-four hours; then take two pounds of bole armoniack finely beaten and sieved, put into an earthen basin, and add thereto as much of the wine as will make it as wet as mortar; then put it in the sun, stirring it every hour once, till it is grown almost dry; afterwards wet it again, and set it a drying as before: thus

do till all the wine be used to once wetting; to which you must put two drachms of saffron steeped in some of the wine before strained; into this last wetting one ounce of mithridate, two ounces of diascordium, and half an ounce of alkermer: when all these are put into the wine, and you have wet the bole therewith, as before, dry it so hard, as that you may make 'em up into balls, rolling them constantly as they dry. You may put out the old herbs, when steeped so long as to get out the virtue; and put in fresh, that your powder may be the stronger: keep your herbs in the wine to the last. Give this powder in dragon or carduus-water. It is good to drive out the small-pox or measles,

measles, or any thing from the heart: it helps sweating, and is recommended against an ague, given in sack, and sweating thereupon.

P O X.

See Venereal Disease.

PROUD FLESH.

See Ulcers, Wounds, &c.

P U R G E S.

See Diet, Evacuations, Stomach, &c.

Q U I E T.

SEE Exercise.

Q U I N S Y.

A Quinsy, or Squinancy, is a difficulty of swallowing, putting the patient in danger of suffocation by reason of the tumour in the throat. In treating this distemper, wrap up the neck and breast warm with clean soft wool, never dy'd, dipt in warm sweet oil; use warm water for common drink, and bleed in the foot. If there be no tumour, the quinsy is almost always mortal. When the redness is most thrown outwards, it is most safe.

Linseed-oil can never be commended too much.

Those who are of a sanguine complexion, and have red hair, are the most subject to this disease.

A large quantity of blood should be speedily taken from the arm, and afterwards from the ranula; then touch the affected parts with the following mixture:

‘ Take as much as you please of
‘ honey of roses; a sufficient quantity of spirit of sulphur, to the
‘ highest tartness: mix it, and let a
‘ cupping-glass be applied to the
‘ nape of the neck.’

If the distemper does not yield to the first bleeding, repeat it, and inject a clyster; also a purge may be given.

Among gargarisms the patient's own water is much commended; also juice of greater houseleek with

spirit of wine, sal armoniack, and dog's-dung; but above all, one of a decoction of rape, with a little sal armoniack.

Externally apply the following cataplasim:

‘ Take one swallow's nest, three
‘ onions roasted on the ashes under
‘ the hearth, one ounce of elder
‘ flowers; boil 'em in milk, and
‘ pass 'em thro' a sieve; then add
‘ half an ounce of album Græcum;
‘ half a drachm of distilled chamomile oil, a sufficient quantity of
‘ white lilies; mix 'em, and make
‘ a cataplasim.’

A vomit is convenient in the beginning of a malignant quinsy, if taken in time.

Warm vapours should be constantly used; thus,

‘ Take elder, rose and marigold-
‘ vinegar, each one ounce; distilled
‘ elder-water, six ounces: mix 'em,
‘ and let the warm fumes be drawn
‘ into the throat thro' a funnel.’

To break an imposthume, a gargarism of mustard-seeds boiled in metheglin is proper.

In order to promote spitting:

‘ Take oil of sweet almonds, and
‘ flower of brimstone, each one
‘ ounce; crystalliz'd tartar, and sugar-candy, each two drachms;
‘ four drops of nutmeg-oil; three
‘ ounces of syrup of wild mallow;
‘ mix

'mix 'em, and make an electuary.'

Or the following powder:

'Take mineral crystal, and crystallized sugar, each an equal quantity; mix 'em, and make a powder.' Hold a scruple of it in the mouth till the spittle flows plentifully; then spit it out: repeat it in a quarter or half an hour's time, and it will produce a wonderful spitting.

The juice of the green shells of nuts depurated, with honey, is also commended.

If froth appear about the mouth in a quinsy, it is a mortal sign.

In this distemper, the patient is sometimes forced to undergo incisions made in the throat and tongue, tho' generally without effect; for the apparatus of which we refer to the surgeons.

In a spurious quinsy there is no need of bleeding, except in persons full of humours.

Sweating medicines are of service at first; and afterwards gentle purges, with outward resolvents, a gargarism made of decoction of wild marjoram, root of pellitory of Spain, mustard-seed with vinegar, &c. and lastly, juice of house-leek with syrup of mulberries.'

Or the following gargarism:

'Take one drachm and an half of Jews-ears; two drachms of pellitory of Spain; one ounce of herb-hyssop; four fat figs slit: boil 'em in a sufficient quantity of spring-water to one pint, adding towards the end four ounces of the best honey: strain it, and add two scruples of small dust of album Græcum; two ounces of rectify'd spirit of wine; half an ounce of spirit of scurvygrass: mix 'em, and make a gargarism.'

The following account of the uses of this distemper, with fur-

ther directions for the cure, and the regimen to be observed by the patient, will be very proper in this place.

Sometimes this disease, says an excellent physician, proceeds from a serosity obstructing the glands, which may be watry, oedematose, scirrhus, according to the several degrees of the viscosity or toughness of the humours; sometimes inflammatory, which inflammation will sometimes end in a suppuration, or gangrene.

The difficulties of breathing and swallowing, which happen without any swelling outward or inward, after long diseases, proceed commonly from a resolution or paralytical disposition of the parts, and are the immediate forerunners of death.

The regimen in those quinsies which proceed merely from the obstruction of the glands, must be to use such warm liquors as gently relax, soften, and moisten those glands, such as carry off the redundant serum by stool, sweat, and urine; or by stimulating, open the emunctories of these glands to secrete the humour.

In a mere watery tumour, the diet may be more warm than in the inflammatory, and the moderate use of wine often relieves the patient.

The difficulty of swallowing and breathing, occasioned by scirrhusities of the glands, is not to be cured any otherwise than by extirpation.

Those who are subject to inflammations of the throat, ought to live temperately to prevent a plethora; or to break such a fulness speedily by proper evacuations, to beware of cold air, too astringent or stimulating aliment or medicine, and violent exercise, which heat by increasing the projectile motion of the blood; but especially the swallow-

ing of cold liquors when they are hot.

In these inflammations a slight diarrhoea or looseness relieves; therefore aliments which promote it, are useful, as tamarinds infus'd in whey. Decoctions and emulsions of farinaceous vegetables moderately acidulated, and such as abound with a cooling nitrous salt, are proper; it is commonly thought, that pimpinella, saxifraga, or burnet, is a specifick in this case: every body knows the benefit of mulberries, taken all manner of ways. All acids, as sorrel, juice of limon, &c. abate inflammations.

The mouth and throat must be kept moist, and the nose clear, that the air may have a free passage through it; for air drawn by the mouth, dries.

When the deglutition is totally abolished, the patient may be nourished by clysters, which I have known to have been done for a whole week, after which the tumour suppurated.

When the inflammation ends in a gangrene, the case generally proves mortal, except it be only in the tonsils, uvula, and palate, and go no further, which parts may be separated, and the patient live.

The following approved recipes will conclude this article:

For a Quinsy.

TAKE salt of nitre, half a drachm; sugar of lead, half a scruple; make a powder, and take three or four times a day in a proper liquid,

A Gargle for the same.

TAKE of pectoral decoction, a pint and a half; marshmallow-roots, half an ounce; marshmallow

and sage-leaves, of each one ounce: boil to a pint, and add sweet spirit of nitre, half an ounce; mix, and use it often a little warmed.

Another for the same.

TAKE water, half a pint; sublimate mercury, fifteen grains; cream of tartar, one drachm; mix them so, that they may be dissolved; and filtre through cap-paper; to be used now-and-then.

A Powder for a Quinsy.

TAKE burnt alum, and bole armoniack, of each one drachm; mix, and make a powder, and blow into the throat and uvula.

A Gargle for a Quinsy.

TAKE columbines, two ounces; inner rind of elm, one ounce; Jews-ears, liquorice, album Græcum, each half an ounce; boil in water two pints and a half to twenty-six ounces; in the strained dissolve salt armoniack, two drachms; syrup of raspberries, honey of roses, each three ounces.

It moistens, foment, and mollifies the muscles of the throat when inflamed, swollen up till almost crack'd, parch'd, and scorched with drougth and heat. It cleanses the glands, and salival ducts, when outwardly smeared over with slime, and opens them when inwardly stuffed up with phlegm.

But where viscid phlegm is the main cause, and the glands suffer more than the muscles, there's a necessity of flying to such medicines as attenuate powerfully, and draw out.

See Mouth, Throat, Uvula.

RATTLE-SNAKE-ROOT.

THE following account of the virtues of this root having been published in the papers, Nov. 3. 1739. we think it of too important a nature to be omitted in this collection. It was published under this title:

To the PUBLICK.

The Memorial of John Tennent, Practitioner in Physick, lately from Virginia.

THE author sets forth, That he had been induced to make a free and open publication of a discovery he made in *Virginia* in the year 1735. which promises extraordinary benefit to mankind, and seems to open an *occult scene* in physick.

It is the deduction of the further efficacy of the root of a plant discovered by the Seneka Indians in America, to prevent death following the bite of the rattle-snake, whose poison in the hottest months is so very virulent, as to kill in the space of a few minutes often; but if the person upon being bit has this root to chew and swallow immediately, it operates so instantaneously, that it carries off the frightful forerunners of death, which proves its great subtilty and activity, preventing thereby the blood's stagnation, which is the end of all diseases.

The quality of the root was notoriously known in Virginia, and the neighbouring colonies, for upwards of twenty years before the deduction of its further efficacy, the Indians having communicated it to the white people; but in that time none would attempt to apply it in other cases, altho' proposed to several.

It appeared, first from theological, and next physical reasoning, in a general way, that from so powerful an effect of a root, some other great purposes must be answered; and in the course of reasoning upon the dissolution and coagulation of fluids, it followed, that the most epidemical and mortal disease of Virginia, and the neighbouring colonies, called a Pleurisy, must be cured by it.

That it has answered that important end, the votes of the Virginia legislature will testify, which soon will be made publick, with remarks: By these votes is also to be seen, that other diseases are cured by it, besides that epidemical one of the American colonies.

In the course of experience, it is proved to be a successful remedy in all the stages and kinds of pleuritick and peripneumonick fevers, quartan agues, rheumatism, anasarca, (*i. e.* a dropsy) and gives surprising relief in the fit of an asthma: it also has a greater effect in the gout than any thing yet tried; and from these facts, it may be said, that it promises a more extensive use than any one medicine in the *materia medica*.

As to the method of administering it in these diseases, the advice of a physician is requisite, that he may take under his consideration their particular symptoms and causes: and as an handle for the learned to improve this medicine, a book will in a short time be publish'd, setting forth the theological and philosophical deduction of the root's efficacy, from its preventing death after the rattle-snake's bite, the general method of giving it in the diseases aforesaid, and particular uses

that occured in practice, with animadversions on each case.

On this occasion, however, 'tis supposed not amiss to notify to the learned, that this root answers the cure of an anasarca and quartan agues best, given in powder; pleuritic and peripneumonick fevers, and paroxysm of an asthma, in decoction; the rheumatism and gout, in tincture made with spirit of wine, and camphire added. These different preparations, in these several diseases, are so necessary, that the root given in a contrary manner hath prov'd abortive; whence it seems to follow, that an analysis of it is necessary to be made, to give light into its nature, and the diseases it affects according to its modification. Its operations are different, tho' given in the same manner, being either emetick, cathartick, sudorifick, or diuretick, according to the state of the human body.

To give the world some light in the mean time into the efficacy of this medicine, 'tis requisite to notify, that it carries off a fit of the gout in a short time, and when properly taken, for a considerable time afterwards; tho' it does not intirely prevent the return of the fits, it affects their source so powerfully, that they will but seldom invade, and when they do, it is but slightly; and then may quickly be remov'd by this medicine: but when the disease is advanced to such a stage as to be attended with chalk-stones, and contractions, 'tis not to be expected that they can be remov'd, admit that the primary cause could be eradicated; yet it is reasonable to think, that they may be lessen'd in a great measure under the operation of a powerful internal medicine, and application of a proper external

one at the same time; and even in this advanced stage of the gout, the fits may be diminish'd, the time between them lengthen'd, and when they attack, are to be carry'd off very soon.

As this is truth, being found so by experience, which cannot be contradicted, no question but those of superior genius may improve so efficacious a medicine. The memorialist is of opinion, that the resin and salt of this root, join'd with mercury in some shape, may go a great length towards curing the gout; but he humbly submits that opinion to the judgment of the learned physicians here.

Many have been censur'd for prescribing in the gout, and indeed very justly, because such prescriptions were (as quack medicines are for the most part) fraudulently intended, and consist in wonderful secret matters, &c. But from the measures taken in this affair, with regard to humanity, disinterestedness, and honour of the art of medicine, 'tis presum'd that the cause of all censure is remov'd: and as the gout is a most painful disease, and styled the reproach of physicians, for the benefit of mankind, and to let the world see, that improvements are still to be made, the method of preparing and taking this root is as follows:

' Take four ounces of the Seneka
' rattle-snake-root, reduced to a
' gross powder; mix it with a quart
' of the best rectify'd spirit of wine
' in a glass proper for a sand-heat,
' in which let it digest twelve
' hours, by keeping up a common
' degree of heat; then let it cool,
' strain off the tincture, decant, and
' filtre, and add half an ounce of
' camphire to each pint. The dose
' is from one common spoonful to
' one

one and an half, in a glass of warm Canary, or some soft Spanish wine, and to be repeated every four or five hours, till ease is obtain'd. The patient must keep warm in bed all the while, and take for drink weak sack whey, warm. There must be no more bed-cloaths than usual; for tho' the operation of the tincture may be by sweat, it must not be forwarded, as is commonly done in taking sweats.

This method may be follow'd in any stage of the disease, and in any time of the fit; but if begun upon its first attack, is still better; and, whether it invade the head, stomach, intestines, or joints, there is no danger in following the method, which, generally speaking, will remove the fit in about twenty-four hours; tho' the effect in some cases may be quicker, and in others slower; so that the tincture must be continued according to its effects. In some particular cases, *bleeding* is so necessary, that without it this method may prove unsuccessful: in such a case the assistance of a physician is necessary to judge of the quantity to be taken, as well as other circumstances which may attend that particular patient: but they who may be so situate as not to be near a physician, will find this method answer for the most part, which will shew, that the bad success hitherto attending prescriptions in the gout, occasioning its being termed the reproach of physicians, was neither a sufficient reason for that term, nor of giving

up the point, unless it could have been prov'd, that the art of medicine was at its *ne plus ultra*.

To take this root for a considerable time, to lengthen the time of the return of the fits, the advice of a physician is highly necessary, that he may judge of every circumstance of the case, such as age, sex, stage of the disease, temperament, &c. and then prescribe accordingly.

The apothecaries who may be applied to for this tincture, may buy the root from those who have it from Virginia, where it grows in great plenty; which leads to remark, that the more *common* a plant is, 'tis to be thought more *useful*, for that is the characteristick of PROVIDENCE, intimating its general use to mankind; tho' this is contrary to the notion of some *curious* people, who are apt to ascribe *great properties* to things *seldom to be met with*.

It were to be wish'd, (the editor presumes to add) that physicians would prescribe this excellent root with a little more chearfulness than they seem to do. But the faculty are so determin'd generally by the *old* rules, (tho' once *they were new*) that one would be led to imagine, they thought the art capable of no improvement since the days of *Galen*, *Hippocrates*, &c. The treatment Mrs. Stephens's medicines for the stone long met with, as well as this, will warrant our observation.

R E I N S.

See Stone, &c.

RESTORATIVES.

The distill'd Cock-water, for any Weakness.

TAKE two ounces of balm-leaves; one quart of plantane-water; one pound of currans rub-

bed, but not washed; one pound of dates, the stones taken away, and the whites next the stone, the dates sliced thin: put all into a still, and one pound of raisins of the sun ston'd; then

then take a good red cock, pull him, and flay off his skin, and cut him in quarters; wipe away the blood, but do not wash him; break his bones; then put him into the still; afterwards put in a quart of Malaga sack, and three quarts of new-milk; paste down the still close; then take a quart bottle, and put into it four ounces of white sugar-candy, and a book of leaf-gold; but first grind them well together in a little mortar; set it under the nose of the still; the next water will be good, but somewhat inferior to the former.

A strengthening Drink, and not hot.

TAKE the pith of an ox or cow, one pound; tops of cypress, six handfuls; hemp-seeds, six ounces; roots of comfrey, and water-lilies, of each four ounces; the rinds of six China-oranges; let the seeds be bruised, and the other things cut small; then put to them a gallon of milk, and distil them in a cold still. The more probable opinion is, that two quarts of milk, and the same

quantity of mum, are better than all milk.

To make the Catholicon, or universal Medicine.

TAKE the elder-berries, as soon as they are fully ripe; pull the berries off from the stalk, and put them into an earthen pan, or wooden bowl; let these stand till they begin to be mouldy; then strain them, measure the juice, put it into a pot or skillet, let it boil till half be consumed; after which take it up, and to every pint of syrup put a pound of sugar; let these boil together again, till half or better be consumed; then keep it for use. You must give a spoonful of this at a time, if the party have a cold, or a pain in the loins, or in the beginning of any disease; let the patient sweat an hour after it. If you give it for the stone, avoid sweating. This is good in any case whatever, and hath performed very great cures.

See Consumptions, &c.

R H E U M A T I S M.

RHEUMATISM seems to be brought about by much the same causes as the mucilaginous glands in the joints are rendered stiff and gritty in the gout.

If the distemper newly attacks the patient, and is yet gentle, though teasing, and causing restlessness, he may rub the parts affected with a hot flannel and Hungary-water, or rum, brandy, or well dephlegm'd spirit of malt, or with any spirit distilled from aromatick herbs, as mint, marjoram, thyme, &c.

If the pain should be universal, and disturb rest, though not violent, stave the bed with aromatick and

fetid gums in a warming-pan, and go into it while warm; which is a kind of dry and artificial bath, that will open the pores, and has often had good effects.

If it be violent, and confine the party to bed, and he be feverish, dry, hot, and parched, and the parts affected swell, and so it may be deemed a true or an inflammatory rheumatism, it must not be neglected, lest it turn to a fever, a gout, or a dropsy. He must lose, according to his age, strength, or pains, from ten to twelve ounces of blood, and be confined to the same diet as in a high fever; namely

ly water-gruel, poach'd eggs without vinegar, panada; and drink no wine nor strong liquors, and only toast and water: if the pains be violent, he must repeat bleeding to forty or fifty ounces.

When the pains abate by this evacuation, and a sediment begins to be seen in his water, which will be about the fourteenth day, he may take a dose of gentle purging physick, made up of a drachm of sena-leaves clear of stalks, and salt of wormwood, four or five grains; pour on to these a jill or four ounces of boiling water; let them stand on embers all night: next morning strain it, and to the liquor put syrup of roses or peach-flowers, one ounce; and two drachms, or half an ounce of cinamon-water, and drink it: this will move four or five times gently, and carry the diseased matter out of the blood, and which is now in proper state to be carry'd off. At night a pacifick draught may be taken to allay any disturbance caus'd by the physick, and to alleviate the pains, which will not probably be intirely overcome. Repeat this physick for thrice, at the distance of three days each time, and the cure will most probably be completed.

If the pain be very uneasy, and fix'd upon one part only, a poultice of bread, saffron, and milk, may be apply'd to the swelling, which will soften and relax the fibres, and cause them to swell more outwards, and press less inwards, and so will give some respite till the cure can be completed.

If it be a wandering rheumatism, which fixes no-where, confinement is not so necessary as in the former: in this case the party should bleed once or twice to eight ounces; drink volatile spirit of hartshorn to

thirty drops twice or thrice a day in sack; take care to keep warm; should avoid pickles and salt meat, and eat fresh meat; and take freely horse-radish, pepper, or mustard, which attenuate and thin the blood, that is always fizy and thick in rheumatick disorders; and which may be used the more freely, as a fever seldom or never attends on this kind of rheumatism.

If there be a specifick in aliment, it is certainly *whey*. I knew a person subject to this disease, says an eminent physician, who could never be cur'd by any other method but a diet of *whey* and *bread*. A *milk-diet* is likewise effectual for changing that saline constitution of the serum of the blood.

Cream of tartar in water-gruel, taken for several days, will abate the pains and swellings considerably, by its acidity correcting the alkalescent salts in the blood.

In obstinate sciatical pains, blistering and cauterics have been found effectual, and the most penetrating medicines, especially the ethereal oil of turpentine mix'd with honey.

Having been thus particular in the several cases that may happen in this distemper, we shall need the less to enumerate recipes on the occasion. However the following easy and safe ones may be very pertinently used, as the case may require:

A successful Remedy for a kind of Rheumatism, and a Contracture of the Limbs that followed upon it.

TAKE the inward bark (that which grows next the wood) of an elder-tree, cut or tear it into small bits, and with them loosely plac'd fill about a third part of a bottle; then pour in as much small ale or beer as will fill up the remaining part of the vessel; stop it well,

well, till the liquor be strong of the infusion: and of this let the patient drink a good draught once or twice a day; or if he can well bear it, let him use it as a diet-drink.

For the Rheumatism.

TAKE scurvygrass, and horse-radish scrap'd, of each half an ounce, a large spoonful of mustard-seed bruised: infuse them in a quart of Mountain. When they have stood a week, drink a glass of it an hour or two before dinner, and fill the bottle up again with wine.

For the same.

TAKE an ounce of mustard-seed bruised, put it into a quart of white-wine; let it stand three days, pour it off clear; then put a pint of milk on the fire, and when it boils, put into it a quarter of a pint of water, and a quarter of a pint of the mustard-wine, and a little of the juice of Seville-orange; give it one boil, and strain it: take this quantity three nights running, then miss three nights, and then again take it three nights, till you have taken it nine times: this will make the person sweat; if you chuse not to sweat with it, take only a wine-glass of the clear mustard-wine, night and morning, as long as you chuse.

For the same.

TAKE powder of gum guaiacum, cinnabar of antimony, of each one scruple; Venice-treacle, half a drachm; syrup of clove-gilly-flowers, a sufficient quantity to make a bolus, to be taken going to rest, and early in the morning, with four spoonfuls of the following julep:

Take treacle-water, compound horse-radish-water, of each two

ounces; black-cherry-water, alexiterial milk-water, of each three ounces; syrup of limons, one ounce; compound spirit of lavender, two drachms; mix them, and make a julep.

For the same.

TAKE half a pound of flints in middling-siz'd pieces, calcine them in the fire till thoroughly red; quench them in a quart of milk; then boil them until half is consumed: let the person take half a pint or more, according to the age and strength, every morning in bed. This has cur'd several who have lost the use of their limbs by the rheumatism.

An Electuary against the Rheumatism.

TAKE gum guaiacum, cinnabar of antimony, Virginia snake-root, of each two drachms; powder of castor, one drachm; contrayerva-root, orange-peels, rosemary, of each half an ounce; syrup of limons, a sufficient quantity to make an electuary; of which take a large nutmeg in quantity, three times a day, drinking after it a draught of warm sassafras tea.

A Purge for the Rheumatism.

TAKE jalap, one scruple; gum guaiacum, calomel, of each half a scruple; oil of juniper, two drops; syrup of buckthorn, enough to make a bolus for one dose.

For the Rheumatism and Scurvy.

TAKE cinnabar of antimony, twenty grains; fresh powder of arum-roots, gum guaiacum, of each ten grains; syrup of marsh-mallows, enough to make a bolus, to be taken twice a day.

Dr. Sydenham's Receipt for the Rheumatism.

TAKE water of lettuce, purslain, and water-lilies, of each four ounces; syrup of limons, one ounce and

and a half; syrup of violets, one ounce: mix, and make a julep: let the patient drink of it at pleasure. Apply a poultice of white bread and milk to the part affected.

The same celebrated physician gives the following, which he calls

An effectual Remedy for a scorbutick Rheumatism.

TAKE fresh conserve of garden scurvygrafs, two ounces; of wood-forrel, one ounce; compound powder of aron, six drachms; syrup of orange, as much as sufficeth: mix them to an electuary, and let the patient take two drachms three times a day for a month, drinking three ounces of the following water after each dose:

Take garden scurvygrafs, eight handfuls; brooklime, water-creffes, sage, and mint, of each four ounces; the rind of six oranges; nutmegs beaten, half an ounce: infuse them in twelve pints of Brunswick mum, and distil them in a common still, drawing off only six pints of water for use. N. B. The exact dose of the compound powder of aron must be observ'd, or at least must not be lessen'd.

For the Rheumatism.

TAKE cow-dung gathered in May; put to it one third part of white-wine, and distil it. Give the patient four ounces going to rest.

It is likewise good against the gout, stone, and stoppage of the urine.

A sovereign Remedy for rheumatick Pains.

TAKE scna, hermodacts, turpethum, and scammony, of each two drachms; zedoary, ginger, cubebbs, of each a drachm; mix them and powder them: take one drachm in a convenient vehicle. Anoint the parts affected with the following ointment:

Take palm-oil, two ounces; oil of turpentine, one ounce; volatile salt of hartshorn, two drachms: afterwards lay on a plaister of mucilagines.

A Bolus to carry off rheumatick Pains by Sweat.

TAKE long-pepper, grains of paradise powder'd, of each half a drachm; Venice-treacle, one drachm: mix, and make two bolus's, and take one going to bed: while you sweat, drink sage-posset. Take care of catching cold.

For the Rheumatism.

TAKE wild garlick, which the Irish call ramsy: it is to be gather'd in woods the latter end of April, or the beginning of May: it is what cows eat which feed near woods, and the butter tastes of it. Take a quantity of this herb stamp'd, and strain out the juice; and to every quart you may add half an ounce of cloves bruis'd, and put into every bottle. It keeps the year round, and must be us'd in the following manner: Take the patient, and lay him on a pallet-bed before the fire, well secur'd from all air; then let two people be supplied with coarse towels as hot as he can endure, and rub him all over very hard for above half an hour to open the pores; afterwards take some of this juice made hot, and with their warm hands let them rub in as much as the skin will soak up: then, if the patient can bear it, let him lie in blankets; if he cannot, in sheets made very hot: continue this till the pain is gone, which will be in three or four nights. The juice does not stain. You must keep warm while you use it; for it inclines to a constant breathing sweat.

An

An highly approved Medicine for the Rheumatism and Sciatica.

TAKE water-creffes, which grow round fountains, eighteen ounces in May, and at other times twenty, or twenty-four; pick them clean, cut them as small as possible, and put them into an earthen pot with the bigness of an egg of fresh butter without any water; cover the pot well, and paste round it, that no water may get in; then put your pot into boiling water, and let it boil for four hours; afterwards take it out, strain it, and let the person take it milk-warm in bed, and lie and sweat without receiving any

sustenance, till they grow faint or weak; and then a broth made of fowl and veal. Sometimes the sweat will continue for eight or nine hours; in which case the food must be light.

See Gout, Rattle-snake Root, Sciatica, &c.

R I C K E T S.

See Childrens Distempers.

R I G O R.

See Fevers.

R I N G W O R M.

See Cutaneous Distempers: Also Cosmeticks.

ROOTS, MEDICINAL.

See Herbs, &c.

R U P T U R E S.

A Rupture, in general, is a falling down of the small guts, or the caul of the bowels, and is commonly incurable in old persons. Sometimes it produces the iliack passion, sometimes a gangrene.

The cure must be begun, by discharging the excrements by means of an emollient clyster, using a fomentation of emollients and carminatives with spirit of wine, &c. Afterwards the guts must be kept in their place by proper bandages.

Lying on the back, especially for old men, is esteem'd an infallible remedy.

Vulneraries, especially thorough-leaf, and the greater wallwort, are commended.

That sort of rupture which proceeds from wind, is the easiest to cure. The same medicines which expel wind and the colick, are proper here; outwardly, discutient fomentations, cataplasms of bean-flour, cumin-seeds, cow's-dung, brimstone, &c.

Whoever is much weaken'd with a rupture, should take care of eat-

ing improper food, and drinking hot or spirituous liquor; and ought to abstain from windy things, which may cause colick pains and convulsions; and beware of contracting a violent cough; because all these things increase the distemper exceedingly.

When it cannot be reduc'd, it presages great and sudden danger. Violent pains, irregular vomitings, hiccoughs, and lastly a faint pulse, and cold sweats, succeed, the certain symptoms of an approaching gangrene, and speedy death. The rest of the cure, as incision, castration, &c. we omit, as belonging properly to the surgeons.

But the following approved recipes fall naturally in our province:

For a Rupture, especially in a Child, or young Person.

TAKE of the geranium, commonly called columbinum, reduce the root and leaves to fine powder, and let the patient take about half a drachm at night and morning for three or four weeks together, wash-

ing it down each time with some spoonfuls of red wine.

For Ruptures in the Belly, especially in Children.

HAVING well cleans'd the roots of Solomon's-seal, scrape one ounce of them into a quart of broth, and let the patient take a mess, or a porringer full it for his breakfast; or else give half a drachm, or two scruples of the powder of it at a time, in any convenient vehicle.

The Rupture-plaister, which braces up and strengthens the relaxed Parts.

TAKE of galls, the bark of oak, pomegranate, and balauftines, all reduced to powder, each three ounces; steep them in vinegar for four days; afterwards pour the vinegar off, and let them be well dried; then add thereto the following powders; *viz.* the roots of the greater comfrey, and tormentil, each three ounces; frankincense, myrrh, mastich, each two ounces; dragon's-blood, litharge of gold, prepared calamine, Armenian bole, (washed in vinegar, and afterwards dried) each three ounces. The foregoing powders being mixed, let them be put by degrees to the fol-

lowing ingredients, melted together, *viz.* solid pitch, two pounds; yellow wax, a pound; Venice-turpentine, a pound, or enough to make all into a plaister according to art. Apply it fresh every day, after putting up the gut, which must be secured by a proper truss.

A Cataplasm for a Rupture.

TAKE pomegranate-peels, tormentil-roots, red roses, balauftine-flowers, of each one ounce; wheat-flour, the weight of the whole; red-wine a sufficient quantity: make a cataplasm, and apply some of it to the part affected, with a little oil of roses.

A Fomentation for Ruptures in Infants.

TAKE the leaves of rosemary, wormwood, marjoram, rue, of each half an ounce; lavender-flowers, one ounce: boil a little in a sufficient quantity of water, and to a pint of the strain'd liquor, add spirit of wine camphorated, Hungary-water, of each one ounce: mix, and make a fomentation, to be applied often.

See Childrens Distempers, Colicks, &c.

SALIVATION.

SEE *Venereal Distempers.*

SALVES, and their Virtues.

The white Salve.

TAKE resin, white pitch, and frankincense, of each half a pound; virgins-wax, and deer-suet, each a quarter of a pound; mastich, one ounce; camphire, two drachms, finely powder'd: beat the resin, mastich, and frankincense, in a mor-

tar, to a fine powder; then melt the pitch, wax, and suet together, and put in the things you powder'd to them; boil them; after which take it off the fire, and let it stand a little while, stirring it through a thin strong cloth into an earthen or any other pot, with a quart of white-wine, or old cyder; put it on the

the fire again, and boil it very softly till you think half is wasted; then drop in of Venice-turpentine, a quarter of a pound, drop by drop; and put in the camphire at the same time, stirring it till tis something cold; pour it into cold water, and as soon as you can, gather it up together: make it up into rolls, pouring oil on your hands first, to keep it from sticking to them; afterwards take white paper, and oil it as much as will go round every roll. It may be kept as long as you please for use.

The Virtues.

It is good for all wounds and fores, new or old, in any part of the head or body; cleanses all festers in the flesh, and heals more in nine days, than other salves cure in a month; suffers no dead flesh to ingender; cures the head-ach, rubbing the temples therewith; a salt phlegm in the face, and sinews grown stiff or sprung with labour, or dry for want of blood; draws out whatever is fix'd in the flesh or wound; cures the bite of a mad dog, pricking of any venomous animals; is good for all fellons or white-flaws, festerings, and cankers, aches of the liver, spleen, kidneys, back, sides, arms, or legs; cures boils, botches, swellings, and humours in any part of the body; helps the gout, and all pains of the joints in man or woman; cures wrenches, palsy, and waters between the flesh and skin, as also the piles. For any of the above purposes, make a cerecloth thereof, and spread it on thin white leather.

The plain black Salve.

TAKE a pound of good sallad-oil, and half a pound of red-lead finely powder'd; put them into a skillet, and stir it well; let it boil

till it be black, and let some of it cool; if it be hard enough for plaster, take it off the fire, and put it into a little beer: when 'tis cold, roll it up, and put it into oil'd papers.

The Virtues.

'Tis good for bruises, swellings, burns, or scalds, or to lay on the top of tents. Many take four of white-lead, and four of red, two ounces of bees-wax, and two of resin, and think the best.

To make the brown Salve.

TAKE of candy-oil, five ounces; of white ceruse, litharge of gold, Venice-turpentine, bees-wax, and litharge of silver, each two ounces: first put in your oil, then the wax; and when they are well incorporated, the litharge, keeping it continually stirring, the fire somewhat increased, till it grow black; then put in the ceruse, stir it well, try a drop or two in water; and if it be pretty hard, 'tis enough; if too hard, 'tis boil'd too much; pour it presently into water, and take it out forthwith; make it into rolls: if it happen to be over-boil'd in working, let it be roll'd cold; then crumble and boil it with two or three spoonfuls of oil, which will soften it; and if it be right, it will not stick to your fingers in working. The turpentine must be put in just before the rest are pour'd out.

A yellow Salve.

TAKE half a pound of fresh butter; yellow wax and resin, of each half a quarter of a pound; flour and honey, of each two spoonfuls; two drachms of saffron, finely beaten: boil all together half an hour, and then strain it; this is good for an old sore.

See

See *Wounds, Waters, &c.*

S A R C O M A.

See *Smelling.*

S C A L D S.

See *Burns.*

S C H I R R H U S.

See *Twisting of the Guts.*

S C I A T I C A, or HIP-GOUT.

THE symptoms are, first, an heaviness in the part affected, which cannot be moved without great difficulty, with a slight numbness and stinging in the part, and a pungent pain. Sometimes it is attended with a fever, and grievous pains in the loins down to the metacarpus; the leg withers, grows shorter, and is very weak and lame.

Let the patient take, according as his strength will bear, from one to two drachms, or half an ounce, of ethereal spirit of turpentine, (viz. that which in distillation comes off betwixt the spirit and the oil) with a triple quantity of fine honey, every morning, upon an empty stomach, for four, six, or eight times, drinking after it two or three draughts of sack-whey.

At night, let him take twelve grains of Matthew's pills; and, on a nausea, omit taking the spirit for a day or two.

To take away the reliques of the disease, give the patient a dose of flower of brimstone in milk, twice a day, for some time. Coloquintida put into clysters is also good for this disorder.

Root of white bryony, fresh bruised, and mixed with linseed oil, and applied warm to the part, will perfectly cure the pain.

Poterius's plaister is commended, to be applied as follows:

'Take four ounces of stone-pitch; half an ounce of Venetian turpentine; of mastich and amber, each two drachms; common brimstone, half an ounce; mix 'em, and make a plaister.'

The leaves of the lesser yellow crow-foot, stamped, and applied a little below the knee, will blister the part, and cure the distemper.

A mixture of quick-lime and liquid soap is also very good, as a caustick, if other means fail of the desired success.

The following receipts have been tried to good purpose in particular cases.

For the Sciatica, when the Part is weak.

TAKE the plaisters of oxycroceum, of ruptures, of Paracelsus, of each one ounce; camphire, two drachms; oil of amber, one drachm and a half; mix, and make a plaister; to be spread on leather, and applied to the part affected.

For the same, when the Parts are contracted.

TAKE the plaister of diachylon, with the gums, two parts; ammoniacum and cumin plaisters, of each one part: mix, and apply them.

Another.

TAKE mustard-seed powdered, half a pound; white pepper and ginger, of each one ounce: mix together in a fine powder, and keep in a glass close stopped: and at the time of using, make into a poultice, with oxymel of squills.

Another.

DRINK the juice of St. John's-wort for forty days; or take
P two

two drachms of the seed in any convenient liquor: it purges the belly, and eases the pain.

Another Remedy for the Sciatica.

BOIL in a pottle of good white-wine vinegar, on a quick fire for half an hour, an ounce of each of the following herbs; *viz.* of chamomile, feverfew, rue, rosemary, red-rose-leaves, sage and wormwood; then strain off the liquor thro' a coarse cloth, and keep it for use.

Put the vinegar into a pan like a milk-pan, but much narrower at the bottom. Take a brick, and hew it round according to the breadth of it: heat it red-hot in the fire; then take it out with the tongs, and put it into the vinegar in the pan, which should be so narrow at the bottom, that the brick may be an inch under the vinegar. After it has remained there a quarter of an hour, or more, take it out with the tongs, and in a napkin take it in your hands, and hold the flat side as near the hip as you can bear it, and still nearer and nearer, as the brick grows colder, till it touch

your bare skin. Let this be performed in the morning while warm in bed, and have another napkin ready to wipe off the sweat as fast as it rises in any quantity; and take care to provoke sweating by a good quantity of cloaths on the bed. Take away the brick when cold, and apply a plaister of Paracelsus three inches broad, (pricked full of holes with a knife's point) all along the region of the loins, as low as you can; and keep it on continually: it will cause an itching at last, which is a good indication. When you begin to feel it cold, take it off, wipe it, heat it, and apply it again, or take a fresh one.

For a Sciatica.

TAKE an equal quantity of pitch, resin, and bird-lime; melt the pitch and resin together over a soft fire; then take it off the fire, and stir in the bird-lime; and spread the plaister upon sheeps leather.

See Gout, Rattle-snake-root, &c.

SCROPHULOUS.

See King's-evil, Leprosy, &c.

S C U R V Y.

THIS is the reigning distemper of England, and is caused by eating so much flesh-meats, which we do without considering seasons or circumstances of the creatures killed for our nourishment. From July to the last of November, all sorts of herbage on which cattle feed, is in decay; the air is more gross, it is the creatures time of generating, in which they are generally unclean; and rots and murrains then mostly abound; wherefore to be sparing in these months, in flesh-meats, and careful about the

choice of them, is certainly very requisite. And to say nothing of the religious part, we shall observe that the keeping of Lent in the spring months, when all nature, as it were, is in a ferment, and begins to put forth as well in the blood of animals, as the juices of vegetables, is a most wholesome and requisite injunction for laying in foundation of health for the following seasons.

This disease is productive of very troublesome disorders, which appear in different shapes. It is distinguished

stinguished principally into *hot* and *cold*.

For the cure of the former, *viz.* the hot scurvy, the following general rules ought to be observed.

Sours, as the juices of oranges, (as the common sailors in the Streights and the West Indies experience) are deemed good; but as there is an acrimony in some people which will not bear sour things, it is safest to dilute well with fresh water, or water-gruel; and so much the rather, as the species of the distemper may be mistaken; and sours may do harm in one, but water will do good in both. Hence in a hot scurvy, diluting well with German spaw-water at meals, and at all times where thirst requires it, will be useful. And let the following direction be followed; *viz.*

‘ Take spirit of lavender, one ounce; spirit of hartshorn, half an ounce; spirit of salt dulcified, six drachms; mix them, let them ferment a while; then close up the bottle; and taking thrice a day, for six weeks, thirty drops in any liquor, in a wholesome air, will be of great service.’

For the cure of the *cold scurvy*, let the following general rules be observed, with regard to diet and regimen; *viz.* Let the air be clear and pure, and far from the sea side; let the victuals consist of meats of easy digestion; let them avoid salted, smoked, and sour things, let their beer be well boil’d and hopp’d; or let it be medicated with scurvy-grass, brooklime, water-creffes, firs-tops, wormwood, savory, thyme, marjoram, rosemary, &c. and let too much sleep, too much watching, too much motion, and too much indolence be avoided; and the following prescription is very suitable in this species; *viz.*

‘ Take mint-water, two ounces; Dr. Stephens’s water, one ounce; lenitive electuary, two drachms; cream of tartar, one drachm; syrup of solutive roses, one ounce; mix, and make a potion to be taken once a week in a morning.’

And the following is a good medicine for such as are troubled with this distemper at sea, taking sixty drops of it in strong wine, or any liquor, thrice a day constantly; *viz.*

‘ Take tincture of antimony, one ounce; of amber, half an ounce; of elixir proprietatis, two drachms; sal volatile oleosum, a drachm and a half.’

This distemper chiefly invades in the winter, and that principally such as are sedentary, or live upon salted and smoked flesh and fish, or quantities of unfermented farinaceous vegetables, and drink bad water; such as are hypochondriacal and hysteric; and sometimes such as have taken the Peruvian bark, either in great quantities, or without proper evacuations. From which causes, he tells us, the best rules are taken for prevention.

The *scurvy of mariners*, adds this gentleman, is generally cured by acids; as, all sorts of ripe fruits, limons, oranges, buttermilk; alkaline spirits hurt them; and acid spirits, as that of salt, do them good; when the symptoms are attended with an ill smell of any kind, either in the urine, mouth, breath, with drought, heat, hæmorrhage of the gums, or of any kind, such a disease will be cured by acescent substances, and none better than *whey*: in this scurvy chalybeat waters are generally effectual.

If the scurvy be intirely muria-tick, or salt, or briny, proceeding from a diet of salt flesh or fish, the vegetables commonly called antiscor-

butick, (see those under HERBS) as water-creffes, scurvygrafs, and brooklime, may be given with success, but tempered with acids, as the juice of oranges and limons; and the pot-herbs which are antiacid in this case, are a proper diet (see also ALIMENT); but if there be a high degree of heat and inflammation, the hot antiscorbuticks (see HERBS, as above) will do hurt.

If the patient be pale, cool, without thirst, with pale or natural coloured urine, with a previous diet of acescent substances, the eruptions not of a high inflammatory or livid colour, the warm antiscorbuticks, animal diet, and animal salts, are proper.

There is great attention to be given to the condition of the mouth, gums, and teeth, (see TEETH) in the scurvy, from which the nature and degree of the disease may be guessed at. Violent purgings always hurt scorbutick constitutions; lenitives relieve. Bleeding is not proper, unless where the symptoms are urgent, and the case inflammatory.

The following experienced recipes will complete this article:

An excellent Drink for the Scurvy.

TAKE four ounces of water-trefoil, and let it work in about two gallons of wort, instead of hops, or of small ale or wort, made for it; and let the patient use it for all or the greatest part of his ordinary drink.

For a cold rancid Scurvy, Palsy, Dropsy, and flying Pains.

TAKE garden-scurvygrafs, gathered in a dry time, as much as you please; press out its juice; fill a vessel with it, suppose of four gallons; work it (like ale) with yeast,

two spoonfuls: when it hath done working, bung it up close, and keep it in a good cellar. At six months end, 'twill be clear, and yellow like sack, and then bottle it out, and it will keep a good many years, saith the eminent Dr. Willis.

Drink three or four ounces twice a day.

A Decoction against the Scurvy in Winter, when Herbs have little Virtue.

TAKE pine or fir-tops cut small, four ounces; winter's-bark bruised, half an ounce: boil in water one quart to twenty ounces; pouring into it at last, juice of dandelion, four ounces: strain, and when it is cold, add spirit of scurvygrafs, half an ounce; horse-radish-water compound, and syrup of elder-berries, each four ounces.

The dose is a quarter of a pint twice a day.

For the Scurvy.

TAKE half a peck of sea-scurvygrafs, bruised; horse-radish-root sliced thin, one ounce; cinamon, nutmegs, cardamums, and ginger, bruised, of each half an ounce; twelve oranges cut in quarters; raisins of the sun stoned, half a pound; infuse them all twenty-four hours in three quarts of white-wine; put them all into a cold still with two quarts of water, and draw off with a gentle fire about three quarts: take about half a pint morning and evening. It purges the blood, and procures a good habit of body.

A Drink to be constantly used for the Scurvy.

TAKE choice rhubarb, and gentian-root cut in thin slices, of each two ounces; yellow dock-roots, and young elder-roots, of each one

one pound; ginger, and aniseeds, bruised, of each two ounces; ground-ivy, cypress, and fir-tops, of each two ounces: boil in six quarts of water to a gallon; strain, and drink it for common drink.

See *Antiscorbuticks* under HERBS.

SEATONS.

See *Evacuations*.

SEEDS MEDICINAL.

See *Herbs*, &c.

S L E E P.

UNDER this head it will be of use to insert the following observations of the learned Dr. Cheyne.

1. He says, That the valetudinary, the sedentary, and the studious, should eat very light or no supper; if any, it ought to be vegetable food; neither ought they to go soon to bed, after any supper whatsoever.

2. Going to bed on a full stomach, and wind and crudities somewhere in the alimentary passages, is the cause of the want of due rest, which is sound and refreshing always in proportion to the emptiness and cleanness of these passages, and their vacation from their proper office of digestion: and this is the case of the want of kindly and refreshing rest, in hypochondriacal and hysterical people

3. Watching by night, and sleeping by day, is of the most pernicious consequence to health and long life, and plainly contrary to the indications of nature, and the constitutions of our bodies.

4. The valetudinary, sedentary, and studious, ought carefully to avoid evening dews, nocturnal studies, and unseasonable watching; go to bed by eight, nine, or ten,

and rise proportionably by four, five, or six; unless actually under a fit of sickness.

5. Nothing is more prejudicial to tender constitutions, than lying long a-bed, indulging a lethargical and drowsy sleep, orolling or loitering awake; as appears by their heaviness, and want of appetite, upon doing so; and their good stomachs, cheerfulness, and freedom of spirits when they rise early.

6. The most advantageous manner for the tender, sedentary, and studious, to bestow their time, on account both of their health and studies, is to go early to bed, rise betimes, go about their studies till eleven, taking a light vegetable breakfast; prosecute them till about four in the afternoon, then to take their great meal of animal food, and after that to employ the rest of their time in some innocent amusement, or gentle bodily exercise; to retire betimes, to prepare for going to bed, taking no farther nourishment, except a draught of water, or warm sack-whey, which will be particularly useful to those who labour under stone and gravel.

See *Exercise*.

SHINGLES.

See *Cutaneous Distempers*.

SICKNESS.

See *Faintings, Fever, Heartburn, Stomach*, &c.

SIGHT.

See *Eyes*.

SINGULTUS.

See *Hiccough*.

SIRONES.

See *Cutaneous Distempers*.

S M A L L - P O X.

THIS distemper (the terror of the young and beautiful, and of all who bear a tender relation to such persons of all ages as have not had it) is so general, and so few escape it, and at the same time so spreading and infectious, that we cannot be too particular in the treatment of it, thro' its several stages, and in all its various kinds. And that our readers may the better rely on what we shall deliver on this head, we think it proper to acquaint them, that what follows is extracted from no less authorities, than those of Dr. *Arbuthnot*, Dr. *Morton*, Dr. *Sydenham*, Dr. *Freind*, Dr. *Allen*, Dr. *Lifter*, and the famous *Etmuller*, *Barbet*, *Bonetus*, &c. compared with the practice of others of no less note and eminence.

Dr. *Arbuthnot* tells us, in general, That the greatest and most important strokes for the recovery of the patient, must be made at the time of the invasion, or first state of this disease; therefore it is necessary to know the first symptoms of it; many have suffered by mistaking it for another disease.

The doctor observes, That young persons, who have not had the disease, ought to be extremely careful to avoid great irregularities in their diet, because the small-pox, which are occasioned by such, often prove dangerous. This disease is likewise more dangerous as the fluids are more exalted and dissipated, and the solids more strict and compacted, and consequently more so as people are advanced in age.

This disease, continues he, may be easily communicated by the contagion or steams of an infected person, swimming in the air, and drawn

in by the breath, or perhaps by the pores of the skin: and it is evident by inoculation, that the smallest quantity of the matter mixed with the blood produceth the disease, tho' not so quickly as those volatile steams.

The first *symptoms* are a chillness, rigor, succeeded by a fever and constant heat, a certain splendor or shining in the eyes, with a little moisture; this is very observable in children; a great pain in the head, with dulness, drowsiness, sleepiness, a pain in the back in some, but pains in the limbs in all, anxiety, inquietude, notwithstanding their drowsiness, loathing, sickness of the stomach, vomiting, and in infants convulsions shortly before the eruption. The blood let the first time, florid; after a second time, fizy.

It is evident, proceeds he, that in this state the disease ought to be treated as any other inflammatory distemper, by such methods as if it were possible to hinder any suppuration at all, and to resolve and digest as much of the feverish matter as we can; for the longer the eruption is a coming, and the smaller when it comes, the disease is less dangerous; therefore all the methods practised in the beginning of inflammatory diseases are here necessary, with a particular care of cleansing the alimentary duct by vomiting and clysters, the impurities of which will be carried into the blood.

Bleeding, which is extremely useful in the beginning of the disease is not so proper and useful when it is advanced.

In the *first stage* the whole habit of the body ought to be relaxed, free

free perspiration thro' the skin, without violent sweating, promoted; the toughness of the fluids taken off by diluents; no flesh should be indulged, unless it be small chicken-broth; no spice; the air ought not to be spoiled by heat, nor the coverings of the bed so thick as to promote sweat.

The greatness and danger of this disease is estimated by the quantity of eruptions on the face and other parts of the head; therefore the matter ought to be solicited by all possible methods to the lower parts, especially the legs, by fomentations, bathing, epispasticks, blistering, and through the whole disease keeping the feet and legs warm; the breast and head not any more covered than to keep them from the impression of cold air.

During the filling and ripening of the pustles, the diet, he says, may be more plentiful, but still not hot or inflammatory, with the due use of anodyne substances: in this state demulcents, or what abates acrimony, and, where the circumstances of the patient require it, a spoonful or two of Canary wine, twice or thrice a day, are proper: the diet in this state ought likewise to be adapted to the particular symptoms of the disease, as cleansing, attenuating, expectorating, to promote the spitting; diuretick, when that is suppressed; and clysters diluent, without any stimulus, frequently injected, are beneficial in every stage of the disease.

Thus far Dr. *Arbuthnot*, as to the general treatment of this disease.

We shall next insert the sentiments and prescriptions of Dr. *Morton*, who has more particularly written of this distemper.

This learned gentleman gives us

the treatment as well of the *favourable* as of the *malignant* sort.

In the *favourable* sort,] he says, There are four stages of this distemper which require a different method of cure, 1. The breeding. 2. The eruption. 3. The ripening. 4. The declination.

In the *first stage*, a diarrhoea must not be suffered, but must be restrained with the white decoction, or stopped with repeated doses of laudanum or astringents. Vomiting, if it happen, is not presently to be stopped, unless very violent; but is rather to be gently promoted with repeated draughts of carduus posset-drink, or with a little salt of vitriol. After this slight evacuation, or if vomiting to excess be the effect of the distemper itself, 'twill be proper to assuage the tumults of the spirits by giving immediately some alexipharmack medicine, having opium mixed with it, and to repeat it at proper intervals. The form prescribed by Dr. *Morton*, who has written excellently on this distemper, is as follows:

' Take carduus-water, alexiterial
' milk-water, cinamon, barley, mint,
' and Srephens's water, of each two
' ounces; salt of wormwood, twelve
' grains; powder of Virginia snake-
' root, of crab-shells prepared, of
' Contrayerva-stones, each half a
' drachm; syrup of clove-gilly-
' flowers, or mint, an ounce and a
' half: mix, and make a julep, of
' which let two, three, or four
' spoonfuls be given every four
' hours, adding to each dose some
' drops of liquid laudanum, as oc-
' casion requires.'

In great pains of the head, limbs or back, also in pleuritick cases, or difficulty of breathing, bleeding is necessary, also in the colick, and blisters and opiates may be made

use of, especially in lethargick or sleepy cases. Stubborn watchings in this stage are a bad sign, and bleeding, opiates, cordials, and blisters, are to be properly prescribed in such a case.

In the *second stage*, little spots like the pricks of needles appear first in the face, then in the neck, breast, &c. These form themselves into a round hardish swelling. The second day they enlarge their bases, and the third they begin to gain heads. In this stage, which lasts three days, it is needless to give physick, but to leave nature to do her own work, especially in the milder sort, and where there is no bad symptom.

The *third stage* begins three days after the eruption, and the pointed heads of the pustles in a few hours begin to swell, first turning whitish. The lymph soon or later is gradually changed into purulent matter, and the pustles grow yellow or brownish, and here ends this stage. During the ripening of the mild sort, some drops of liquid laudanum only may be given, to assuage pain, and procure rest. The following decoction may be taken plentifully in case the ripening proceed slowly:

‘ Take bruised lentils, one ounce ;
‘ new figs, six ; shavings of hartshorn, half an ounce : boil it to two pints, in a posset-liquor.’

And make use of this gargarism :

‘ Take coarse-bruised lentils, one ounce ; root of marshmallows, half an ounce ; new figs, six or seven ; cleansed barley, one pugil ; shaved liquorice, two ounces : boil it in a sufficient quantity of spring-water to a pint and a half ; filtre it, and add honey of roses an ounce and a half ; mix, and make a gargle.’

Acids should not have place in gargles, unless in the greatest difficulty of swallowing. If the spitting should abate, or go off too fast, diureticks should be given, particularly a dose or two of the pulvis *Æthiopicus*.

The *last stage* of the small-pox is their declination, in which the pustles being filled with laudable pus, or matter, they first begin to be incrustated, and covered with a yellowish scurf ; then after a day or two the purulent matter hardens, and is changed all over into dry scabs, which gradually scale off, and fall away. In the favourable sort, 'tis rare that any one dies in this distemper, says Dr. *Morton*, except it be in this *last stage*. It betokens well in the declination, if there be no fever, and the person has an appetite : but purple spots appearing, deliriums, watchings, spasms of the tendons, &c. are very bad signs.

The *malignant small-pox*.] There are also four degrees of the *malignant sort* ; viz. The universal confluent ; the particular confluent ; the distinct sort, but exceedingly small, and in a manner cohering together ; and lastly, the distinct sort, accompanied with petechiæ and miliary eruptions : all which are very dangerous, and frequently mortal.

Very dangerous *hemorrhages* are wont to happen in the malignant sort, which are generally fatal, if they can't be stopt by vitriolick preparations (or the aq. styptic. reg). And if the hæmorrhage be suppressed, nothing can be done unless the drooping spirits can be raised with blistering, and generous cordials. Bleeding in this case only hastens death.

A frequent necessity of making water is also a bad sign, tho' not so bad as

as an hæmorrhage; and in this case the pulvis Æthiopicus, or cineres bufonum, Dr. *Morton* says, is an incomparable remedy, as he has found by experience, the dose a scruple every four or six hours, with other alexipharmacks.

To avoid the troublesome symptom of a *sofe throat*, timely care must be taken to wrap the throat up warm with fine soft woollen cloths, from which more benefit may be expected, says the doctor, than can be had from bags of saffron, and any other amulets whatever; and proper gargles may be used, &c.

A large *salivation* lasting long, with a remarkable tumour of the head and face, is a good sign; but if it breaks off on a sudden, unless there be a great flux of urine, or very great swelling of the extreme parts, it is a very bad omen. Nothing can be worse than a salivation changing into a diarrhoea.

The small-pox at *going off* often leaves the body in a sickly state; and a loss of appetite, accompanied with hectic heats, is often the consequence. Dr. *Morton* recommends upon his own experience to other physicians, in this case, that where these heats are continual, alexipharmacks must be persisted in; but where periodical, the Peruvian bark must be given, after which purging may be safely proceeded upon.

Tumours of the glands of the ears, which continue without heat or redness, are not to be treated with discutients, but suppuratives; the running sanious scab, and malignant ulcers, with alexipharmacks and febrifuges, abstaining strictly from evacuations; white tumours in the flesh by frictions, lixivial fomentations, and the methods proper in *dropsies*, which see; and pains

in the head by antiscorbuticks and chalybeats, after proper evacuations have been made.

Dr. *Freind* says, that purging is no-where more successful than in the fever, which arises from the confluent small-pox, either when at full maturity, or when they begin to dry away; and he avers that he has saved many lives by this method, which was also recommended by the famous *Sydenham* in the secondary fever in the confluent sort.

Dr. *Freind* however declares, that in the confluent kind neither bleeding nor purging should be administered so long as the face continues swelled and inflamed, and the saliva is sufficiently discharged, lest the morbid matter should be prevented from being separated from the blood by those evacuations, and its discharge of consequence thro' the pustles hindered. Nor yet in the progress of the distemper, when at the eighth or ninth day, even when the swelling of the face goes down, and the salivation begins to decrease, (provided the hands swell as they ought to do, and there be no other very bad symptoms) does he think those evacuations should be admitted; but to leave the matter to nature: only, that in order to moderate the heat of the fever, and to prevent the excrements from indurating in the lower belly, it is his practice to give a clyster every day, during this state of the distemper.

In very bad symptoms, as an increasing burning fever, pale and thin urine, want of sleep, difficulty of breathing, great anxieties, &c. the same learned gentleman advises bleeding and purging: and he also directs bleeding, as the only happy remedy in a difficulty of breathing upon the crisis; notwithstanding the

the weakness and lowness of the pulse: but in cases of bloody urine he absolutely prohibits it. But after all, Dr. Allen has great doubts about purging in the secondary fever, and says, that in the course of above twenty years practice, he has found the frequent use of clysters very beneficial; but has rarely adventured upon purges.

Dr. Sydenham tells us, That the eighth day is the fatal day in the distinct kind; the eleventh in the confluent; in the more crude of the confluent, the fourteenth; and in the worst kind the seventeenth, from being first taken; and he has known some die, tho' not many, on the twenty-first. It is usual with him, he says, to let his patients sit up every day from the seizure till the sixth, or from the fourth of the eruption; but when they all come out, he confines them to their bed till all is over.

Till the fourth day, he says, there is no occasion for medicines to drive out the distemper; but then if it does not appear as it ought, some gentle cordial medicine may be given. The distinct kind in their own nature are seldom dangerous: but in the confluent sort, he says, the patient must be kept from sweating, and the salivation must be vigorously supported; which is best done by large quantities of small-beer, or some other liquor that is not over-heating.

This famous physician usually gave the adult a composing draught, as he says, with fourteen drops of laudanum, or an ounce of syrup of meconium every night at six or seven, from the time they are fully out, till the end of the distemper.

In the confluent sort a diarrhoea in children is beneficial, and not to be stopt; but not so in the distinct.

If the saliva becomes troublesome thro' its viscidness or thickness, the same gentleman prescribes the following gargle:

' Take elm-bark, six drachms;
' liquorice-root, half an ounce;
' stoned raisins, twenty; flowers of
' red roses, half an ounce: boil in
' a sufficient quantity of spring-
' water to half a pint; dissolve it
' in a strainer. Take also simple
' oxymel, and honey of roses, each
' two ounces: mix.'

An emetick is sometimes necessary to be given, as he says. He adds, that in a *suppression of urine* the person must be taken out of bed: that when the pustles flatten, or a *diarrhoea* happens in the distinct kind, the spirits must be supported with cordials. Prescribes plentiful bleeding, and an anodyne twice a day, in the secondary fever, about the eleventh day; for now, says he, we are not so much dealing with the small-pox, as with the putrid fever. For immoderate costiveness, usual at this time, he used to order an ounce and a half of lenitive electuary, dissolved in a little milk-water, over and above the anodyne. If the first bleeding answers not, he prescribes a repetition of it the next day; and in like manner bleeding and purging by turns, as the nature of the fever, and the patient's restlessness may require, till the distemper be conquered. In the confluent small-pox, he says, spirit of vitriol is of great use, given plentifully in small-beer from the fifth or sixth day, to the end of the distemper.

Dr. Lister commends the following method in the confluent small-pox:

' Take saffron, one scruple; co-
' chineal, half an ounce; a little su-
' gar to mix in eight papers, one
' of which he gave every four hours
' with a spoonful or two of treacle-
' water

‘ water for three days; and every
‘ six hours afterwards; also an
‘ ounce of diacodium morning and
‘ night; and his patient recovered.’

For another he prescribed almost
after the same manner; *viz.*

‘ Take saffron, half a drachm;
‘ cochineal, half an ounce; sugar-
‘ candy, one drachm; mix for six
‘ papers, and take one every third
‘ hour.’

The small-pox breaking out after
a surfeit, and likewise in those who
live intemperately, generally speak-
ing, are of a bad kind, and mostly
prove mortal.

Etmuller tells us, that nothing is
so much to be attended to in the
small-pox as the voice; for when
respiration is free and easy, and the
voice clear without hoarseness, it is
a very good sign.

Horse-dung, tho’ a nasty medicine,
is yet of great virtue in this distem-
per, as it promotes sweating, re-
lieves the throat, &c. Some also
much cry-up sheeps-dung. Linseed
oil and oil of sweet almonds deserve
also, says *Dr. Allen*, their just
praises.

’Tis not good to puncture the
pustles of the small-pox; for it re-
tards their healing, the scabs remain
longer, and the disfiguration will
be the greater; ’tis therefore best to
leave this intirely to nature.

Barbette highly commends oil of
myrrh per deliquium, prepared with
the white of an egg, as also the oil
of the yolks of eggs, for curing the
marks left by the small-pox. The
following liniment for the same
purpose is an elegant prescription
made use of by the *London* physi-
cians:

‘ Take oil of sweet almonds,
‘ half an ounce; white-lead and
‘ sperma-ceti, each one drachm;
‘ balsam of Gilead, half a drachm;
‘ make into a liniment.’

Corrosive ulcers in the face and
elsewhere are best cured with spirit
of vitriol mixed with a sufficient
quantity of honey of roses: which,
Bonetus tells us, is a never-failing
one, even tho’ the ulcer should have
consumed half the cheek.

Mercurius dulcis, according to
Etmuller, is an admirable medicine
to prevent the small-pox. He gives
to a child of five years old mercury
dulcis, five grains; powder of jalap,
one grain (which seems an inconfi-
derable dose); made up into a bo-
lus with conserve of roses. I have
often, says he, admired its efficacy
for this purpose; and from this
prospect have constantly ordered it
in the beginning of the small-pox,
as the very best of laxatives; so far
much as it is the genuine corrector
of that disease.

As to the article of *inoculation*,
we shall not enter upon it in this
work, because if ever that should
be chosen, it will doubtless be by
the direction of a person too well
skilled in the matter to need our
instructions.

And this the rather, we omit,
as a receipt has lately been commu-
nicated to the publick, which, if it
answer generally on trial here, as it
is said to have done abroad, will
render inoculation itself useless. We
shall insert it here, as it is contained
in the following letter from *Caro-
lina*, which is well worth the at-
tention of all our readers.

*Charles-town, South-Carolina, Sep-
tember 28. 1738.*

‘ The small-pox has carried off
‘ abundance of the inhabitants, so
‘ that the country-people will not
‘ venture to come to town, and
‘ but few people are seen in the
‘ streets. About four hundred per-
‘ sons white and black have been
‘ inoculated. At

At the first breaking out of the small-pox in this town, several persons were advised to prepare their bodies for any sudden attack thereof, by drinking for some days in the morning tar-water, which they were assured would cleanse their blood, and make the pock favourable. Experience since has shewn, that all those who have made use of the said tar-water have not only hitherto escaped the infection, tho' they have been in houses and rooms where infected persons were, but also one certain person, having drank a quantity thereof, has been since twice inoculated without any effect; which proves tar-water to be not only a preservative, but an antidote against the infection, and consequently far preferable to the inoculation. For the benefit of the publick it has therefore been desired to publish the manner of making and using the tar-water; viz.

“ Take about two quarts of tar, which is a sufficient quantity for six persons; put in the evening upon it about five pints of water; after having stirred it well, let it settle; and the next morning pour off the clear water, and take fasting near a pint, which is to be continued five days successively every morning: the same quantity of water taken from it, must be immediately supplied again. After five days using the same, half a pint every other day is sufficient for two weeks; then a quarter of a pint is enough to be taken every other day, during the time of infection. The tar is not to be renewed till after two months. This is also, says the letter-writer, a most excellent remedy for consumptive people.”

We have been so particular on this article, that we shall subjoin only the following recipes, to prevent the so much apprehended disfiguration that attends the small-pox.

To prevent Pitting in the Small-pox.

TAKE oil of sweet almonds, two ounces; sperma ceti, three drachms; oil of rhodium, four drops: melt them together with a gentle heat, and mix for a liniment.

It must be used when the scabs grow hard, to keep them soft and moist by anointing them with a feather.

For the same.

TAKE pomatum, an ounce and an half; oil of almonds, one ounce; sperma ceti and virgins wax, of each three drachms; damask rose-water, one ounce: set them over the fire; and when they are melted, take them off; and when you have stirred them well, let them stand till they are cold; then make a hole, and drain out the water; and with a feather anoint the patient's face,

An Ointment to prevent the Pitting of the Small-pox.

TAKE sperma ceti, orange-flower butter, white-wax, of each two drachms; oil of sweet almonds, a little: mix, and make an ointment.

See Measles, &c.

Of the CHICKEN-POX.] This is so mild a distemper, that it never wants the care of a physician. 'Tis indeed like the small-pox, in the figure and magnitude of the pustles, which have less redness and inflammation, and are a sort of very little bladders filled with a thin serous humour, which in three days break of

of themselves, and dry up, and seldom have any feverish attendants.

See *Childrens Distempers*.

S M E L L I N G.

THIS sense is seldom recovered when lost, especially in people in years. Marjoram used in any manner is said to be efficacious in it.

The distempers affecting the nose, are, an Ozoena, a Sarcoma, and a Polypus, &c.

An Ozoena is a fordid ulcer in the nostrils, frequently venereal, and sometimes turns cancerous. The leaves of tobacco and tobacco ointment are good in it. If it gather a crust, oil of sweet almonds is to be used. Fumes of cinnabar, and sweet mercury, nay sometimes sublimate mercury, are used.

A Sarcoma is a fleshy excrescence

bred in the nostrils, and grows in the lower part.

And a Polypus is an excrescence of the like nature, growing in the upper part, near the root of the nose; they are to be treated much alike. A polypus is very hard to be cured: it is sometimes white, sometimes red, sometimes livid; if livid and painful, it is beginning to be cancerous, and a cancerous polypus must not be meddled with. The extirpation of it being an operation in chirurgery, we shall refer the cure to the experienced artist.

See *Hæmorrhages*, &c.

S M O A K I N G.

Tobacco comforts the spirits, and discharges weariness, partly by its opening, but chiefly by its opiate virtue, which condenses the spirits. For this reason that celebrated naturalist the lord Bacon recommends the smoaking of other things, as well to dry and comfort, as for other intentions; and particularly wishes trials were

made of the drying fume of rosemary, and lignum aloes, nutmeg, Indian leaf, &c.

S P A S M S.

See *Fever*.

SPHACELATION.

See *Mortifications*.

SPIRITUOUS LIQUORS

ARE so evidently pernicious to the human body, that we shall bestow a few words on this article. We shall begin with the following observation on their bad effects.

Spirit of wine, says a learned physician, mixed cold with the white of an egg, coagulates it as much as boiled water; which shews that spirit of wine is an immediate styptick,

so that, injected into the veins, it is sudden death; and, taken by the mouth in great quantities, is sometimes sudden, but always certain death. Spirituous liquors are so far from attenuating, volatilizing, and rendering perspirable the animal fluids, that they rather condense them, and harden the solids, and therefore are properly used to hinder

der the growth of young animals. This plainly demonstrates the bad effects of inflammable spirits on human bodies.

" Thus the still," (says the Reverend Dr. Hales, in his *Philosophical Experiments on Sea-water*, published anno 1739.) " which makes " good drink out of unwholesome " sea-water, procures also from " wholesome wine, or malt drink, a " most pernicious liquor, which " yearly destroys, all over the world, " innumerable more, than the three " great plagues of war, pestilence, " or famine, ever did.

" But notwithstanding it shortens " the lives of, and destroys vastly " more than storms, shipwrecks, " and other accidents to which navigators are subject; yet how " fond are they of this enchanting " firen ! — They pretend, that it " comforts, warms, and defends " them from the severe colds to " which they are sometimes exposed; which can only be true " in those who habituate themselves " so much to it, that they cannot " live without it; and such generally drink it as freely in summer " as winter. — But on the other " hand, how much better able to

" endure the cold and hardships at " sea are the sober sea-faring persons, who are generally of a more " hale and robust constitution than " most other men ! Their vital " heat, not being extinguished by " intemperance, does, by its kindly " genial warmth, more effectually " secure them from the inclemency " of the weather, than the false, " momentary flush of heat, which " a dram gives. Besides, it is well " known, that sailors did not perish " with cold, in former ages, for " want of drams, when they " were not to be had."

Thus far this reverend author, who, in the above, confines himself to the sailors only: and if that set of men, who are forced to undergo such hardships and labours in an uncertain and stormy element, have so little excuse for excessive drinking these pernicious liquors, what can be said for those at land, who have not the like pleas to urge?

See *Diabetes, Inflammations, Temperance, Ulcers, Water, &c.*

S P L E E N.

See *Hypochondriack Distempers, Stone, &c.*

S Q U I N A N C Y.

See *Quinsy.*

S T A G N A T I O N S.

A Stagnation or Coagulation of the blood may proceed from sudden frights, from drinking great quantities of spirituous liquors, &c. It is a very great difficulty to relieve this malady, because the volatile and fixed salts, necessary for this purpose, lose much of their force, taken by the mouth, in their passage to the blood. Friction with the flesh-brush is not amiss to be try'd, and the following medicines may be given :

" Take sperma-ceti, one drachm ;
" volatile salt of vipers, one scruple ;
" conserve of rosemary-flowers, two
" drachms ; syrup of orange-peel ;
" make a mass, to be divided into
" four bolus's ; one of which take
" every fourth hour, drinking six
" spoonfuls of the following expression after it :

" Take one hundred millepedes,
" or hog-lice ; saffron in powder,
" one scruple ; alexiterial milk-water, one pound ; compound bryony.

ony-water, two ounces; bruise these insects in a mortar along with the saffron; then gently mix the waters along with the ingredients; then press out the juice, and take it as above directed.

In all stagnations of blood, 'tis ne-

cessary to bleed, and that plentifully, if the case require it; but where humours stagnate, physick must be taken.

See *Apoplexy, Hypochondriack Distempers, &c.*

S T O M A C H.

AS we have treated under other articles of most diseases that affect the stomach, we shall refer to the proper heads for them, and have reserv'd this place principally for such general stomachick cordials, and catharticks, as regard principally this part, and comfort the heart and bowels at the same time, and which could not so properly be brought in under any other head. But first we shall touch upon one dangerous disease, which we have left to this place; and that is

An Inflammation of the Stomach.

The symptoms are a vehement burning fix'd, pungent pain in the stomach attended with a fever; a great increase of this pain the moment after swallowing any thing, succeeded with vomitings, a painful hiccough, and great anxiety.

If this disease is not speedily cur'd, it proves fatal.

Of all diseases this demands most a total abstinence from every thing that has acrimony in it; even the nitrous cooling salts, which are beneficial in other inflammations, here irritate too much; vomits, all cordials of volatile or spicy substances, and spirituous liquors, are all no better than poison, and milk generally curdles; food must be given frequently, and by spoonfuls at a time, for any distention increases the inflammation; a thin gruel of barley, oatmeal, whey, with very little su-

gar, or honey, or chicken-broth, are proper aliments; whey, emollient decoctions, barley-water, emulsions, are proper drinks; and it has been found by experience, that chalybeate waters have been agreeable to the stomach even in this inflammatory state.

If there happens an imposthume, honey, and even honey of roses, taken inwardly, is a good cleanser; and decoctions of comfrey-roots, healing; speedy and plentiful bleeding, fomentations, and clysters, have the same good effect as in other inflammatory distempers.

The same regimen is necessary in a *scirrhus*, or *cancer* of the stomach; though nothing will be quite effectual.

The same regimen is also to be observed in the inflammation of the *spleen*, *caul*, *pancreas*.

Now follow the recipes for the choicest stomachicks, &c.

A Wine for all Stomach Illnesses from a cold Cause.

TAKE roots of Virginia snake-weed, and gentian, each three drachms; galingale, cloves, cubebs, mace, nutmeg, saffron, each one drachm; cochineal, half a drachm; Canary wine, three pints; infuse cold: give a draught before and after meals.

A rich comfortable Cordial.

TAKE Canary wine, one pint; clove bruised, a drachm; saffron clipped small, half a scruple: digest

digest close in balneo an hour; to the strained add spirit of clary, (ennobled with essence of ambergris) half an ounce; spirit of lavender compound, one drachm; syrup of gilly-flowers, one ounce and an half; juice of kermes strain'd, half an ounce; leaves of gold, three; mix.

An excellent external Medicine to strengthen the Stomach.

TAKE wormwood, mint, and mugwort; and by beating them well in a stone or glass mortar, make a cataplasm, to be applied somewhat warm to the stomach, and kept upon it for a pretty while.

An Electuary to strengthen the Stomach, assist Digestion, and for any Disorder that proceeds from a cold Cause.

TAKE conserve of orange-peel, conserve of Roman wormwood, of each six drachms; candied ginger, two drachms; mint powder'd, species of diambre, of each one drachm; syrup of orange-peels, enough to make an electuary: take the quantity of a nutmeg three times a day, with a glass of generous wine.

To strengthen the Stomach, and help the want of Appetite.

MAKE the roots of gentian (sound, and not superannuated) pulverible, with no more waste of their moisture than is necessary; reduce these to powder; of which let the patient take from twelve or fifteen grains to double that quantity, (or more, if need be) twice or thrice a day.

It may be taken on an empty stomach; or, if that cannot conveniently be done, at meal-times. To correct the bitterness, one may add to it powder'd sugar, or make it

up with some fit conserve, or mix it with a syrup.

It is very good, not only for want of appetite, but for obstructions.

And I have usually given it (says the Hon. Mr. Robert Boyle) in vertiginous affections of the brain; and to lessen, if not quite take away, the fits of agues, and even quartans. But in this last case the dose must be considerably augmented.

A stomachick Electuary, to cheer the Heart, and assist Digestion.

TAKE green ginger, one ounce; conserve of red roses, three ounces; oil of cinamon, four drops; oil of cloves, two drops; mix, and give the bigness of a nutmeg, an hour before dinner and supper.

A stomachick Foment,

TAKE rough red wine, one pint; brandy, wine-vinegar, each half a pint; dry'd wormwood, mint, bistort-root, each half an ounce; pomegranate peel, two drachms; cloves, mace, nutmeg, cinamon, each one drachm; Venice-treacle, half an ounce; macerate close in balneo, two hours, and use the strain'd as hot as can be suffer'd.

This is an excellent remedy, nobly comforting, warming, and strengthening, and is used with good success, when the stomach being grown cold and flaccid, is troubled with flatulency, pain, queasiness, vomiting, loss of appetite, and ill digestion: it is good also in a diarrhoea, dysentery, &c.

A pectoral Decoction, and its Virtues.

TAKE raisins of the sun stoned, two ounces; pearl, barley, the roots of liquorice and marshmallows, each half an ounce; spring-water, three pints; boil them together to a quart; towards the end of

of the boiling, add conserve of red roses, an ounce; strain off the liquor without squeezing. It blunts sharp, and thickens thin humours; is smooth, healing, and pectoral. If it is required to warm and thin the juices, add to the decoction hyssop, and the root of Florentine orrice; and if to cool and incide, or cut, put in oxymel of squills.

Pectoral Wine.

TAKE Spanish juice of liquorice, one ounce; saffron, one scruple; seeds of coriander, caraway, anise, each two drachms; salt of tartar, half an ounce; pennyroyal, and hyssop-waters, each four ounces; Canary wine, one quart; digest cold: let two ounces be given four times a day, or oftener.

Against windy Pains in the Stomach, &c.

TAKE powder'd golden rod, vervain, savory, marjoram, thyme, aniseed, each one drachm; common resin, six drachms; mithridate, half an ounce; clarified honey, two ounces, or as much as needs; mix.

It corrects both crude and acrid or four humours, warms the stomach, promotes urine. It hath been kept as a family medicine in a certain gentleman's house, and is a notable experimented thing against windy pain in the stomach, and flatuous stitches in the side. The dose from two drachms to half an ounce twice a day.

Dr. Stoughton's great Stomachick Elixir.

TAKE of gentian-root, and orange-peels, each half a pound; infuse it five days in three quarts of rectified spirit of wine; add half an ounce of the tincture of sulphur *per campanam*: make the elixir.

Another Way of making Stoughton's Drops.

PUT into a quart of brandy three ounces of gentian-root sliced thin, and the outward rind of six or eight Seville-oranges, when ripe, and their rind deep-coloured; they must be thin pared, so as to be without the white; and if the oranges are small, take the rind of ten or more; add to this, half a drachm of English saffron, and thrice as much cochineal finely powder'd: shake all well together, and in three weeks time you may pour a little of it into a small bottle for use, adding, upon the same ingredients, the quantity you pour off, and so continue to do, pouring off and replenishing, till you find the bitter decay.

A stomachick Bitter of the like Nature.

DRY'D orange-peel, one ounce; gentian-root, half an ounce; calamus aromaticus, two drachms; best cinamon, one drachm; cochineal, half a drachm; steep them for a week in a pint of French brandy, and then filtre for use. Slice the roots very thin, and bruise the cochineal.

Dr. Ratcliffe's bitter Tincture.

TAKE one nutmeg sliced, one ounce of gentian sliced, two drachms of cochineal bruised, one ounce of zedoary-roots sliced, the rinds of six Seville-oranges pared thin; steep these in a quart of the best brandy, and let it stand ten days, stirring it every day; strain it thro' a fine lawn-sieve; take a tea-spoonful in a glass of white-wine, two hours before dinner, the same in the afternoon, for ten days or longer, if your stomach is not recovered.

For a Pain in the Stomach.

TAKE a pound of green walnuts, and a pound of broad figs, which cut up in pieces; a pound of sugar, a handful and an half of rue; beat it all very well severally; then mix it thoroughly together, and keep it for use.

To make Stoughton's Bitter, Doctor Ratcliffe's way.

TAKE one quart of the best French brandy, one drachm of cochineal, two ounces of gentian, six Seville-orange-peels; let these ingredients stand a week in a bottle or jug, and pour off the liquor thro' a strainer.

Tinctura Sacra; or, Hiera Picra.

TAKE of hiera picra, as sold at the chymists or drugsters in powder, one ounce and a half, and put it into a quart of good Madeira-wine. Shake the powder well in the liquid for three or four days; then let it settle, and, when clear at top, pour off for use. The quantity is from three to five spoonfuls, taken at night going to rest, or in the morning fasting, using exercise; and to a person in health there needs no confinement, or alteration of diet. The excellency of this fine stomachick medicine is too well known to need any thing to be said in its praise.

Elixir of Health, or Daffy's Elixir, and its Virtues.

TAKE of leaves of fena, four ounces; shavings of guaiacum, roots of elecampane dried, liquorice, the seeds of anise, caraway, and coriander, each two ounces; raisins of the sun stoned, eight ounces; cochineal, a drachm; French brandy, three quarts; steep them all toge-

ther without heat for four days; then strain off the liquor. Some, to make it more purging, add salt of tartar, rhubarb, and scammony.

It is a mild purge, carminative, and diuretick; whence it relieves in gripings, cures the colick, and brings away gravel and slime by urine. The dose is from one to five spoonfuls.

Mr. Boyle's Elixir Salutis.

TAKE of the seeds of anise, sweet fennel, coriander, and parsley, of each two ounces; of liquorice scrap'd, wash'd, and bruis'd, and choice leaves of fena, of each likewise two ounces; of raisins of the sun, rubb'd clean, and bruis'd, one pound; of elecampane-roots, and guaiacum-wood, of each one ounce; mix these ingredients, and pour on them two quarts of aqua vitæ, or English spirits (for brandy is too hot a liquor). Let these infuse together forty-eight hours; then put them all into an hair bag, and press them strongly in an apothecary's press; and if there be need, pass what is strain'd thro' an hippocras-bag after the liquor is settled. Keep this in bottles well stopp'd in a cool place, and give of it two or three spoonfuls at a time, in the morning fasting; and, if need require, at bed-time.

A gently purging Electuary.

TAKE powder'd fena, cream of tartar, each four scruples; pulp of prunes pass'd thro' a sieve, two ounces; syrup of roses solutive, as much as sufficient: mix.

This pleasantly-tasted medicine lubricates the intestines, and procures a stool or two without sickness or gripes, and may serve for four doses to be taken at night, for which the party need not keep house the next day.

An excellent purging Elixir.

TAKE senna, six drachms; rhubarb, two drachms; liquorice, one drachm and a half; aniseed, caraways, each one drachm; cochineal, one scruple; saffron, half a scruple; brandy, twelve ounces; aqua mirabilis, cinamon-water, each two ounces: after due infusion, strain, and add syrup of roses solutive, two ounces; mix.

I account of this, says the doctor, who prescribes it, as the best I ever met with of this kind. The dose is two spoonfuls at night, and three the next morning; or else five or six spoonfuls in the morning only.

An excellent domestick Purge for Persons who cannot use much Exercise.

TAKE the best rhubarb in powder, two ounces and a half; salt of wormwood, a drachm; orange-peel, half an ounce; grated nutmeg, two scruples; cochineal, half a drachm: infuse forty-eight hours, by a warm fire-side, in a quart of true arrack; strain it off, and put it in a well-corked bottle for

use. Of this two or three spoonfuls may be taken twice or thrice a week, without interruption of business or studies, with great safety and benefit.

A sovereign Cordial in low Spirits, Faintings, Oppressions, Sicknes at Stomach, Head-achs, and Vapours.

TAKE of simple chamomile-flower-water, six ounces; compound gentian, and wormwood-water, each an ounce and a half; compound spirit of lavender, sal volatile, tincture of castor, and gum ammoniack dissolved in some simple water, each two drachms; tincture of snake-weed, and tincture of the species of diambraz, each a drachm; the chymical oils of lavender, juniper, and nutmeg, each ten drops, mixed with a bit of the yolk of an egg, to make the whole uniform; assa-fetida, and camphire in a rag, each half a drachm; but these may be left out by those to whom they are disagreeable. Two, three, or four spoonfuls of this is a present help, and it will keep good six months.

See *Appetite, Breast, Cordials, Diet, Heart-burn: also Distillery.*

STONE, GRAVEL, INFLAMMATIONS in the KIDNEYS, DIFFICULTY of URINE, &c.

THE stone being not only a very troublesome disorder, but as we class under this head so many different complaints, that are properly nephritick, and proceed from one, or a like cause, we are constrained to be very particular in this article.

To begin with generals:

The stone happens most commonly in the kidneys and bladder.

The symptoms of the former are, A dull pain in the kidney, bloody water upon a sudden jolt, or violent motion; pain in stooping; pain in the thigh, sickness in the stomach, colickal pains, various changes in the colour of the urine, black, bloody, pale, tho', if the stone be smooth, and well-bedded, perhaps this may not happen. Flethy filaments, or matter voided by urine, are suspicious

cious symptoms of a stone in the kidney, especially if the patient has been subject to voiding of gravel.

When a small stone is lodg'd in the body of the kidney, it does not create pain, nor much when it falls into the pelvis; but when it falls into the ureter, and sticks, the pain is most acute; it often stops at the flexure and valve of the ureter, and sometimes in the urethra, or passage of the urine from the bladder. While it stays in the bladder, it creates no pain, but remaining there long, it grows a confirm'd stone, too big to be pass'd by the urethra: the manner of its concretion is by concentrical rings, like an onion, about the first kernel, which shews the cause to be attraction.

The symptoms of a stone in the bladder are, A titillation about the neck of the bladder, and the parts thereabout; a frequent needing to make water; a sensation of weight in the lower belly, under the shear-bone, with a great pain, especially upon any sudden motion, which causeth a concussion of the bladder, a dribbling, difficulty, and a momentary suppression of urine by the stone, shutting up the orifice of the bladder, attended with a tenesmus, or needing to go to stool, and a burning pain in the urethra; sometimes a white mucus in the urine; tho' this last symptom will happen without a stone in the bladder.

The regimen in the stone in the kidneys is, by diluent and soft diureticks to try to expel it, if it is small enough to pass; if the stone is brittle, it will often crumble, and pass in the form of gravel.

If the stone is too big to pass, the best method is to come to a sort of a composition or truce with it; the diet ought to be cool and diluent, as far as possible, to hinder

its growth; to use diureticks that gently resolve, as parsley, fenel, scorzonera, saffrafras, mallows, and tea, dandelion, cichory, oats, barley, honey, honey and vinegar; nitrous salts, as spirit of dulcify'd nitre; the most soft cooling diluent of all is whey; the best emollients are decoctions of marshmallows, linseed tea.

Bathing in tepid water, clysters, seasoning the aliment moderately with sea-salt; for the moderate use of it is resolving and diuretick; the belly, in all cases of the stone, ought to be kept lax and open.

In a confirm'd stone of the kidneys, too violent exercise is dangerous.

During the passing of a stone, one should avoid at first all strong forciers. Relaxing and lubricating the passages, and quieting the spasms by opiates, is certainly the best method; and where bathing cannot be conveniently had, ox-bladders, half-full of warm water, apply'd constantly to the affected part, may be usefully substituted. Letting of blood takes off a tension better than any thing, and is very necessary, where the symptoms are violent. When the parts are sufficiently relax'd, stimulating diureticks may be us'd more safely, especially if associated with opiates.

As to dissolvents of the stone, all that have hitherto been propos'd are chimerical. *Helmont* talks of bulls blood; but (says Dr. *Arbuthnot*, who wrote before Mrs. *Stephens's* medicines were publish'd) goats blood is rather a better dissolvent.

The surest way to hinder the generation of a stone is to procure a diarrhoea by whey, broth, and a liquid diet; and indeed what would not one do to prevent so painful a disease?

When

When the stone is fallen to the bladder, care should be taken to make it pass as soon as possible, for the reasons above-mention'd: if all the symptoms abate without the passing of the stone, it is not certain, that the stone remains in the bladder, because a very small stone may pass insensibly by urine; if the stone has pass'd, it is not certain that the fit is over; for there are often more, and the usual remedies ought not to be left off.

The irritations of the membranes of the bladder by a stone may be much mitigated by the injection of the oil of linseed or almonds into the bladder.

Such as are subject to the gravel or stone, ought to be careful of their diet, to use such aliments as generate a small quantity of fæces, or relax the belly: aliment demulcent, as pease. A decoction of chick-pease is a remedy in a fit of the stone. They ought to drink whey in the spring, and take honey in several forms, if it agrees with them. Rice, barley, millet, are all good in this case; nothing makes stones or gravel pass more easily than opiates.

If the stone sticks in the urethra, it may be fetch'd out by emollient fomentation of the parts, by oil injected, or, in case of great extremity, by an instrument with a cavity like a small spoon, dipt in oil.

The stone in the bladder is not only a painful, but a mortal disease, if not extracted. The diet of a patient in such a case is such as of a wounded person, nourishing, without acrimony.

Thus far the learned doctor, as to the general treatment of the stone in the kidneys and bladder. We shall now hear what he says, as
to

Inflammations of the Kidneys.] A distemper very dangerous, caused by it.

The symptoms, says he, are a pungent pain in the region of the kidneys, a stupor, or dull pain, in the thigh, colick, wind, vomiting, a fever, urine sometimes totally suppress'd, in small quantity, high-colour'd; and, which is worse, sometimes quite pale, without any sediment.

Whatever obstructs the blood in the extremities of the arteries of the kidneys, will produce this disease; a wound, abscess, bruise, swelling, lying much on the back, too violent motion, especially walking in hot weather; whatever obstructs the passage of the urine, as a viscous matter, gravel, or stone; every thing which drives the blood into the urinary canals, heat, hard riding, too great fulness of blood, but especially sharp and forcing diureticks: lastly, spasms and involuntary contractions of the vessels of the kidneys.

Coffee-colour'd urine is not a dangerous symptom: it proceeds indeed from a mixture of a small quantity of blood with the urine, but often prognosticates a resolution of the obstructing matter, and the expulsion of gravel or a stone after great pain; pale urine is a symptom of a more lasting and dangerous disease.

After plentiful bleeding, and a careful avoiding of all stimulating diureticks, which in this state of the disease will increase it, the expulsion of the obstructing cause must be promoted by emollient and soft liquors drank plentifully, by clysters of the same frequently injected, by bathing and outward fomentations, by opiate and anodyne substances, which stupify and relax the
fibres;

fibres; those liquors must be swallowed down notwithstanding the continual vomiting; for vomiting is the instrument of nature to promote the expulsion of the stone, gravel, or other obstructing cause.

Whey, and in a great feverish heat, butter-milk, emulsions of barley and poppy-seeds, honey in whey and water, are proper liquors for this intention.

When the gravel, stone, or other obstructing cause is separated from the kidney, soft expressed oils, and oily substances, relax the passages; if the pain proceeds only from gravel, or a stone, oily substances may be joined safely with stimulating substances, as with juice of limon, juniper-water, and some diuretick syrup; this by the way, for it is out of my present subject.

Violent motion, as jolting in a coach, may be used in this case.

The pain protracted beyond seven days, a pulsation, chillness, often and irregularly returning, a heaviness and stupor in the part, are signs of making of matter, which when made will appear in the urine. In which case soft and balsamick substances are beneficial; for if the matter stays long, the case is incurable.

It happens sometimes to end in a *fistula*, with which the patient may live many years in no great uneasiness. Butter-milk, not very sour, has been reckoned a great secret in ulcers of the kidneys, and chalybeat waters have been beneficial to some; spruce beer is a good balsamick in such a case. Soft malt liquors are better than wine.

Inflammations of the kidneys sometimes end in a scirrhus, or great stone in the kidneys.

A sudden remission of the pain, with cold sweats, weak and inter-

mitting pulse, hiccough; no urine, or in small quantity, black and fetid, are signs of a mortification and approaching death.

Such as are subject to nephritick symptoms, ought to be extremely careful of the choice of their liquors; sharp wines, which abound with tartar, are hurtful; malt liquors not hard, nor stale, are certainly better to make use of; and soft diureticks. They must avoid acrimonious substances in their aliment, use moderate exercise, and not to lie hot, soft, nor much upon the back.

We have heard what Dr. *Arbuthnot* has said, as above, that all pretences to dissolvents of the stone to the time he wrote, were chimerical. But the highest authority in *England* having given sanction to one since discovered, 'tis but just to take notice of it here.

We shall then observe, That the medicines of Mrs. *Joanna Stephens*, for the cure of this cruel distemper, having obtained great repute, the parliament thought fit, (Sess. 1739.) for the benefit of the publick, to purchase this discovery, for the sum of five thousand pounds. And the trustees named in an act of parliament passed for that purpose, published the following paper in the *London Gazette* of *June 21. 1739.* pursuant thereto.

A full Discovery of the Medicines given by me Joanna Stephens, for the Cure of the Stone and Gravel; and a particular Account of my Method of preparing and giving the same.

MY medicines are a powder, a decoction, and pills. The powder consists of egg-shells and snails, both calcined.

The decoction is made by boiling some herbs (together with a ball,

ball, which consists of soap, swines-creffes burnt to a blackness, and honey) in water.

The pills consist of snails calcin'd, wild carrot-seeds, burdock-seeds, ashen-keys, hips and haws, all burnt to a blackness, soap and honey.

The Powder is thus prepared:

Take hens egg-shells, well drain'd from the whites, dry and clean; crush them small with the hands, and fill a crucible of the twelfth size (which contains nearly three pints) with them lightly; place it in the fire, and cover it with a tile; then heap coals over it, that it may be in the midst of a very strong clear fire, till the egg-shells be calcined to a greyish white, and acquire an acrid salt taste: this will take up eight hours at least. After they are thus calcined, put them into a dry clean earthen pan, which must not be above three parts full, that there may be room for the swelling of the egg-shells in flacking. Let the pan stand uncovered in a dry room for two months, and no longer: in this time the egg-shells will become of a milder taste, and that part which is sufficiently calcined will fall into a powder of such a fineness as to pass through a common hair sieve, which is to be done accordingly.

In like manner, take garden snails with their shells, cleaned from the dirt; fill a crucible of the same size with them whole; cover it, and place it in a fire, as before, till the snails have done smoaking, which will be in about an hour, taking care that they do not continue in the fire after that. They are then to be taken out of the crucible, and immediately rubbed in a mortar to a fine powder, which ought to be of a very dark-grey colour.

Note, If pit-coal be made use of, it will be proper, in order that the fire may the sooner burn clear on the top, that large cinders, and not fresh coals, be placed upon the tiles which cover the crucibles.

These powders being thus prepared, take the egg-shell powder of six crucibles, and the snail-powder of one; mix them together, rub them in a mortar, and pass them through a cypress-sieve. This mixture is immediately to be put up into bottles, which must be close stopped, and kept in a dry place for use. I have generally added a small quantity of swines-creffes burnt to a blackness, and rubbed fine; but this was only with a view to disguise it.

The egg-shells may be prepared at any time of the year; but it is best to do them in summer. The snails ought only to be prepared in May, June, July, and August; and I esteem those best which are done in the first of these months.

The Decoction is thus prepared:

Take four ounces and a half of the best Alicant soap, beat it in a mortar with a large spoonful of swines-creffes burnt to a blackness, and as much honey as will make the whole of the consistence of paste. Let this be formed into a ball.

Take this ball, and green chamomile, or chamomile-flowers, sweet fenel, parsley, and burdock-leaves, of each an ounce (when there are not greens, take the same quantities of roots); cut the herbs or roots, slice the ball, and boil them in two quarts of soft water half an hour; then strain it off, and sweeten it with honey.

The Pills are thus prepared:

Take equal quantities by measure, or snails calcined as before, of wild carrot-seeds, burdock-seeds, ashen-keys, hips and haws all burnt to a blackness, or, which is the same thing, till they have done smoaking: mix them together, rub them in a mortar, and pass them thro' a cypress-sieve. Then take a large spoonful of this mixture, and take four ounces of the best Alicant soap, and beat them in a mortar with as much honey as will make the whole of a proper consistence for pills; sixty of which are to be made out of every ounce of the composition.

The Method of giving these Medicines is as follows:

When there is a stone in the bladder or kidneys, the powder is to be taken three times a day; *viz.* In the morning after breakfast, in the afternoon about five or six, and at going to bed. The dose is a drachm avoirdupois, or fifty-six grains, which is to be mixed in a large tea-cup full of white-wine, cyder, or small-punch; and half a pint of the decoction is to be drank, either cold or milk-warm, after every dose.

These medicines do frequently cause much pain at first, in which case it is proper to give an opiate, and repeat it as often as there is occasion.

If the person be costive during the use of them, let him take as much lenitive electuary, or other laxative medicine, as may be sufficient to remove that complaint, but not more: for it must be a principal care at all times to prevent a looseness, which would carry off the medicines; and if this does happen, it will be proper to increase

the quantity of the powder, which is astringent, or lessen that of the decoction, which is laxative; or take some other suitable means, by the advice of physicians.

During the use of these medicines, the person ought to abstain from salt meats, red wines, and milk, drink few liquids, and use little exercise, that so the urine may be the more strongly impregnated with the medicines, and the longer retained in the bladder.

If the stomach will not bear the decoction, a sixth part of the ball made into pills must be taken after every dose of the powder.

Where the person is aged, of a weak constitution, or much reduced by loss of appetite, or pain, the powder must have a greater proportion of the calcined snails, than according to the foregoing direction; and this proportion may be increased suitably to the nature of the case, till there be equal parts of the two ingredients. The quantity also of both powder and decoction may be lessened for the same reasons. But as soon as the person can bear it, he should take them in the above-mentioned proportions and quantities.

Instead of the herbs and roots before-mentioned, I have sometimes used others, as mallows, marsh-mallows, yarrow red and white, dandelion, water-cresses, and horse-radish root; but do not know of any material difference.

This is my manner of giving the powder and decoction. As to the pills, their chief use is in fits of the gravel, attended with pain in the back and vomiting, and in suppressions of urine from a stoppage in the ureters. In these cases, the person is to take five pills every hour, day and night, when awake, till the

the complaints be removed. They will also prevent the formation of gravel and gravel-stones in constitutions subject to breed them, if ten or fifteen be taken every day.

J. STEPHENS.

June 16. 1739.

N. B. Mrs. *Stephens* received the said reward, on her medicines having been tried and approved, March 17. 1739-40. See London Gazette, March 23. 1739-40.

We shall make no observations here upon this famous prescription: but as there may be some persons who will not care to go thro' this process for the stone, and different habits and constitutions may be differently affected by the medicines; as there are many cases also in which the stone is not formed, and which may be reached by less difficult preparations; and as under this article we comprise as well the *stone, gravel, sand, &c.* as all nephritick cases, bloody water, suppression of urine, &c. for these reasons we cannot dispense with giving the following recipes for these distempers, which the patients may have recourse to, as they find them suitable to their respective cases: and which have all of them been tried and approved on many patients, in different states of these maladies.

We shall therefore insert, 1. Those recipes which relate to the stone principally. 2. Those chiefly relating to the gravel. 3. Those which are principally diuretick, and relate to suppression of urine, bloody water, &c.

1. Recipes good against the Stone principally.

A choice Medicine in an actual Fit of the Stone.

TAKE the decoction made according to the London Dispensatory

for the syrup of marshmallows, with this difference, that to the same quantity of water, you must take but half the quantities of each of the ingredients. Let this corrected decoction be well clarified, and let the patient take it warm six, eight, or ten ounces at a draught, from time to time, as need shall require.

A Draught for the Stone.

TAKE oil of almonds fresh drawn, six drachms; oil of tartar per deliquium, two drachms; mix: then add parsley water, compound horseradish-water, of each one ounce; diacodium, six drachms; mix for one dose: to be taken two or three times a day, as occasion requires.

An excellent Water against the Stone.

TAKE fresh-spotted arse-smart, three pounds; pellitory of the wall, purslain, bean-cods, of each one pound: bruise them, and add new milk, or hot from the cow, one gallon: mix them, and distil. Take four ounces twice a day with honey, for twenty-six days together.

An easily prepared Medicine in Fits of the Stone.

TAKE somewhat less than a handful of red chich-pease, or cicers, and boil them softly in a quart of spring-water till the liquor be red, and well impregnated with the seeds: strain this decoction, and sweeten it with syrup of marshmallows, out of which all the stronger diureticks are left.

A good Clyster in Pains of the Stone, or Colick.

TAKE half a pint of good sallad-oil, and as much good sack; (or if that cannot be had, good claret wine) shake them very well together, and give it moderately warm.

For

For the Stone, and Inflammation of the Kidneys.

TAKE barley-water, one pint and half; sweet almonds blanched, one ounce; compound horse-radish-water, one ounce and half; fine salt-petre, one drachm; syrup of marshmallows, two ounces: mix for an emulsion: take four ounces every two or three hours.

An excellent Foment in Fits of the Stone in the Bladder, and Suppression of Urine, &c.

TAKE roots of smallage, four ounces; roots of fenel, linseed, each two ounces; herbs pellitory of the wall, mallows, arse-smart, chamomile-flowers, each two ounces: boil in water three quarts to two; in the strained dissolve crude salt armoniack, (or if you cannot get it, salt prun-l) half an ounce; common soap, two ounces: mix.

For the Stone.

TAKE barley-water, (with half an ounce of gum Arabick boiled in it) two pints; white-wine, half a pint; syrup of marshmallows, syrup of the five opening roots, of each one ounce and a half; sweet spirit of nitre, half an ounce; mix, and let the patient drink a glass frequently.

For the Cure of the Stone and Gravel, whether in Kidneys, Ureters, or Bladder.

TAKE marshmallow-leaves, the herb mercury, saxifrage, and pellitory of the wall, of each fresh-gathered, three ounces; cut them small with a pair of scissars, and mix them together, and pound them in a clean stone mortar, with a wooden pestle, till they come to a mash; then take them out, spread

them thin in a broad glazed earthen pan, and let them lie, stirring them about once a day till they are thoroughly dry, (but not in the sun) and then they are ready, and will keep good all the year long. Of some of these ingredients so dried make tea, as you do common tea, with boiling hot water, as strong as you like to drink it; but the stronger, the better; and drink three, four, or more tea-cups full of it blood-warm, sweetened with coarse sugar, every morning and afternoon, putting into each cup of it at least half a spoonful, or rather more, of the expressed oil of beech-nuts, fresh drawn, (which in this case has been experienced to be vastly preferable to oil of almonds, or any other oil) stirring them about together, and so to continue it for as long as you see occasion.

An almost specifick Medicine for Exacerbations in the Kidneys.

TAKE jet, and having reduced it to fine powder, give of it about half a drachm for a dose, in some good white-wine in the morning fasting, and at bed-time for some days together.

2. *Recipes for Cure of the Gravel.*

A Clyster for the Gravel, Sand, &c.

TAKE mallows, golden rod, each one ounce; juniper and bayberries, daucus and parsley-seed, each two drachms; boil in water to twelve ounces; in the strained dissolve Castile soap, half an ounce; oil of chamomile, one ounce; oil of aniseed, two drachms; syrup of violets, two ounces; mix.

It disperses wind, softens hard fœces, empties the intestines, lubricates the urinary passages, and expels sand.

For the Gravel and Strangury.

TAKE Rhenish wine, compound horse-radish-water, compound parsley-water, of each three ounces; sweet spirit of nitre, one drachm and half; syrup of marshmallows, one ounce; mix: drink a wine-glass full as occasion requires.

An experienced Remedy to expel Gravel, and provoke Urine.

TAKE the juice of onions, two spoonfuls; white-wine, half a pint, or more; mix them for a draught. It gives present ease; and if repeated for some time, in a short season cures.

Another for the same.

TAKE oil of sweet almonds, nephritick water, syrup of marshmallows, of each one ounce; sweet spirit of nitre, two drachms; mix: take two spoonfuls every four hours.

An excellent Tincture for the Colick and Gravel.

TAKE fine succotrin aloes, the species for the Roman philonium, of each one ounce; the best Holland's Geneva, one pint, infuse them for a week. Take of the strained liquor; Daffey's elixir, of each one ounce; liquid laudanum, six drops; mix, for a draught to be taken night and morning.

A Powder for the Gravel.

TAKE salt prunellæ, ten grains; salt of amber, six grains; sugar, one scruple; spirit of turpentine, three drops; mix for one dose.

A balsamick Mixture for internal Ulcers, the Whites, Gonorrhœa, Stone, &c.

TAKE balsam of capive, half an ounce; oil of juniper, half a

drachm: dissolve it in the yolks of two eggs, and add syrup of marshmallows compound, two ounces and a half; arse-smart-water, ten ounces: mix.

This medicine provokes urine, and expels stones, as well out of the gall-bladder as the kidneys, of which we had an amazing instance, says Dr. Fuller, of late in a certain artificer at Peterborough, who being horribly tortured with nephritick and colick pains, fell into such convulsions, that several strong men could not hold him in his chair. When I had considered the symptoms, says he, I prescribed this mixture, and upon taking a few spoonfuls, he brought away a great quantity of urine, together with gravel and sand; and several stones also as big as capers, by stool. And thus was he (to the wonder and satisfaction of his friends) restored to his former health.

*3. Suppression of Urine, Bloody-water, &c.**For Bloody-water.*

LET this caution be observed under this head: The gentlest should be begun with to prepare for the more forcing medicines.

This is a distemper that may be produced by violent exercise, strains, &c.

Bleeding is one of the first and principal reliefs in this case, which takes off the distention, and helps to close the vessels. Cool the blood by drinking plentifully of milk and water, in which a little gum Arabick is boiled: and for the closing of the vessels, this will suffice:

Take true bole-armoniack, and terra Lemnia, of each one drachm; gum Arabick, half a drachm; conserve of red roses, an ounce and a half; syrup of red roses, as much
as

as will make a soft electuary ; of which take the bigness of a nutmeg three times a day, drinking after it four spoonfuls of the following julep :

Take oak-bud-water, eight ounces ; spirit of vinegar, one ounce ; cold cinamon-water, two ounces ; red coral in powder, one drachm ; syrup of comfrey, an ounce ; mix.

An experienced Remedy for Bloody-water, from Mr. Boyle.

TAKE waters of the black alder, of mallows, of each three ounces ; syrup of comfrey, one ounce : mix them, and let the patient take four spoonfuls immediately ; and four or five times a day.

An old Lithotomist's Medicine for Suppression of Urine (given Mr. Boyle by himself).

GIVE from about fifty grains to one drachm for a dose, of the pulvis Holandi ; and if the necessity be very urgent, you may give from one drachm to four scruples, or a drachm and a half, not neglecting in the mean while other proper remedies.

For Suppression of Urine.

GIVE about a spoonful at a time of bruised mustard-seed, in any convenient vehicle.

An almost specifick Medicine for the Suppression of Urine.

INFUSE in a good heat, two handfuls of the flowers of French lavender in a pint of good brandy (not rectified spirit of wine) ; and of this infusion, give about a small wine glass full at a time (diluted, if there be great need, with a sufficient quantity of some appropriated liquor).

To prevent the Stone and Colick.

PUT a piece of lignum nephriticum, as big as your little finger, into a quart of spring-water : it must be cut into slices : let it stand till it makes the water look of blue and yellow colour ; then take a quantity of the water, and as much white-wine as water, and drink a good draught thereof with a little limon and water, and continue it by times, till you have taken a quart of the water ; then rest for a time. This is both good for the spleen and stone.

For the Stone, Colick, and Heartburn.

POWDER the finest chalk in a large dish ; squeeze juice of chamomile over it ; let it dry ; then repeat the same three times ; when 'tis perfectly dry, take as much of the powder as will lie on a shilling.

To dissolve a Stone in the Bladder or Kidneys.

TAKE seven pints of new milk ; two ounces of saffras ; one ounce of liquorice, scraped, sliced, and bruised ; the bark of the marsh-mallow-roots, and the bark of holyhood-roots, of each two drachms ; the root of phillependula, one ounce ; the outermost rind of radish-roots, half an ounce ; a limon with the rind, cut in small pieces ; aniseeds, one ounce : let all these together macerate all night in a vessel close covered ; and the next day still them very gently, and sometimes uncover the still, and stir them together. This water is to be made only in May. You must take five spoonfuls at a time, and fast four hours after ; the first time, when grieved ; afterwards the same quantity, and fast as before, walking and stirring with it.

An Emulsion to cool the Kidneys, and to take off the Heat of Urine.

TAKE of sweet almonds blanch'd, one ounce; of the four greater cold seeds, of each half an ounce: then bruise well the seeds first in a stone mortar with a wooden pestle; but let 'em be all blanched: this done, put the almonds to 'em, and bruise 'em together: pour to 'em, as they are bruising, three or four spoonfuls at a time, a pint of barley-water; strain, and sweeten it with white sugar.

For the Stone.

TAKE cassia newly drawn, one ounce and a half; the best rhubarb in powder, one drachm; Chio turpentine well washed, seven drachms; species of diatragacantha frigid, one scruple; liquorice in powder, half a drachm: mix these together in a sufficient quantity of syrup of althea, and take the quantity of a walnut in the morning fasting; drinking after it a pint of beer posset-drink: an hour after it drink a pint of white-wine posset-drink, with nutmeg and sugar: keep warm all the morning. Take this at the full and new of the moon, beginning six days before the change, every other morning; for you are to take it but every other day, three times every change of full and new moon.

This was given to Dr. Palmer's brother, who was twenty-six years of age, and designed in a few days to be cut for the stone; but by the use of this medicine carried it off in gravel, and lived to near eighty years without trouble from that distemper. The like effect it had on lady Par, who was miserably afflicted with the stone, and an ulcer in the kidneys; and on many others, &c.

An excellent Receipt for the same.

TAKE the skin of three old onions, and put 'em into a clean cloth; a quarter of a pint of brandy; the juice of one limon; and eight drops of the spirit of marshmallows: dip your onions into this liquor, and squeeze 'em well into it, after which drink it. It will certainly dissolve the stone, this receipt being given by a gentleman who has experienced it several times, and has had eleven stones come from him.

For the Stoppage of Urine.

TAKE melilot in May, when the flower is upon it; and distil it in a rose-still; you must still the herbs and flowers together; then the patient is to take three or four spoonfuls in a morning, or at what time soever the water stops, of this water only; but if the party cannot make water at all, and it hath stopp'd for two or three days, put in the juice of half a limon, four spoonfuls of the melilot-water, the same quantity of white-wine, and half a nutmeg scraped into it; give it once in two hours till it obtains a good effect.

For the same.

WARM a pint of ale, till the froth rises; then put in a spoonful of brandy, and drink it warm, lying upon your back till it works.

To take away the Gravel, when it stops in the Neck of the Bladder.

TAKE pellitory, chervil, and onions chopped and minced together; put to them the oil of scorpions, enough to make them moist: warm them together in a frying-pan, and apply them to the bottom of the belly.

Por-

Pot-herbs good against the Stone.

Borage, chervil, wild endive, lettuce, rock-parsley, carrots, turneps, skirret, fow-thistle, vipers-grass, jagged lettuce, goats-beard.

The whey, milk, or butter-milk of animals fed on grass alone, is very effectual, if continued till you

have a stool, which remains loose for some time; which is not to be stopped, tho' some weakness succeed; for it often successfully eradicates even an inveterate malady of this sort.

See *Strangury, Ulcers, &c.* also *Distillery.*

S T R A I N S.

THE bones are said to be strained, when the heads of them are removed out of the proper places.

In the cure, great care is to be taken to prevent or discuss an inflammation (which will sometimes bring on mortal convulsions). For both which purposes the following fomentation is of use:

‘ Take of the tops of St. John’s-wort, one ounce and a half; betony, chamomile, and rosemary, each one ounce; root of greater comfrey, three ounces; round birth-wort, six drachms; seeds of the four calida majora, each half an ounce: boil in a sufficient quantity of spring-water and wine to a quart, for a fomentation: dip the bandages in the same while warm.’

Where the contusion is larger, increase the quantity of comfrey; where flighter, of birth-wort; where the pains are violent, add heads of poppies. An cedematous tumour sometimes happens; in which case anoint the parts affected with a volatile penetrating oil; rock-oil is also good, and balsam of Peru tempered with spirit of juniper. It is likewise proper to anoint with oil of St. John’s-wort, and oil of turpentine.

Stinking distilled oil of tartar is

very offensive, but at the same time highly efficacious.

For a slight strain without dislocation, wheat-bran boiled in vinegar is good.

Medicines prepared of earth-worms are proper, applied both inwardly and outwardly.

An egg beat up with oil of turpentine, and a little vinegar, is a very good remedy, and answers all intentions. The other methods of cure we leave to the surgeons.

The following are also highly approved in particular cases.

For a Strain.

TAKE the strongest vinegar you can get, and boil in it a convenient quantity of wheat-bran, till you have brought it to the consistence of a poultice. Apply this as early as may be to the part affected, and renew it when it begins to grow dry.

An approved Medicine for a recent Strain.

TAKE oatmeal, the strongest and stalest beer you can get; mix them together to make a poultice; add ointment of marshmallows, one ounce; apply it to the part affected, and renew it when it is dry. It must be applied as soon as may be after the hurt is received.

*Lord Bacon's experienced Medicine
for a recent Strain or Bruise.*

TAKE a good handful of fresh wormwood, and boil it in a sufficient quantity of strong ale to the softness of a poultice; then take it off the fire, and when you apply it, which you should do whilst 'tis very hot, put to it a spoonful or two of good common brandy.

For a Bruise occasioned by a Fall.

TAKE horse-dung, and sheep-suet, of each alike: boil them well together, and apply warm to the part affected, as a poultice.

For a Bruise in the Eyes or Face.

TAKE the white of an egg, beat it well with cream, dip lint in it, and apply to the bruised part: it will take out the blood, and give ease in a very short time: renew it once in twelve hours.

For an old Strain, an effectual Remedy.

TAKE crown-soap, a quarter of a pound; the strongest wort, a

pint; brandy, two ounces: boil them all together, and add myrrh, and bole armoniack finely powdered, of each three drachms, and let them boil to the thickness of a plaister; which spread upon sheeps-leather, and apply to the part.

*A strengthening Plaister for Strains,
or Weakness of the Back.*

TAKE rupture-plaister, plaister of red-lead, oxycroceum, paracelsus, of each equal parts: make a plaister, to be applied to the loins, or to the part strained.

For a Strain.

TAKE nerve-ointment, ointment of mallows, of each six drachms; oil of mace by expression, half a drachm; compound spirit of lavender, Hungary-water, of each two drachms; mix them, and anoint the part with a warm hand four or five times a day, covering it with a flanel.

See Bruises.

S T R A N G U R Y

IS any difficulty of urine from whatsoever cause, attended with a continual involuntary dripping. It frequently is caused by blistering, and is a very troublesome attendant on that painful operation.

Drinking plentifully of some emulsion is very proper for it: soft water, that is not brackish, is good, also water with barley boiled in it; and while boiling, put a drachm or two of gum Arabick to each quart, which will smooth the passage, and sheath the pricking salts that offend.

Forellus tells us, that he has found the good effects of a decoction of

mallows and syrup of violets, when every other method has failed: and there can be no doubt, that smooth herbs of any kind, or mucilages, or things of a slimy nature, will have this effect, since, as a worthy physician observes, whites of eggs themselves beaten into water, and injected by a syringe into the passage, by being applied to the parts, alleviate this pain, as well as such medicines taken by the mouth.

The following is an approved emulsion in this case:

‘ Take mallows, two drachms;
‘ gum Arabick, one ounce; bar-
‘ ley-

‘ ley-water, a sufficient quantity :
 ‘ boil all to a quart ; to which add
 ‘ sweet almonds blanch’d, one
 ‘ ounce ; of each of the four greater
 ‘ cold seeds, two drachms : make
 ‘ an emulsion ; strain, and add two
 ‘ ounces of syrup of marshmallows ;
 ‘ of which drink plentifully, at plea-
 ‘ sure.’

The three following recipes are also accounted of good effect in this distemper.

Broth of Cray-fish, good in the Strangury and Hætick Fevers.

TAKE one hundred cray-fish ; having pounded them alive in a mortar, boil them in two quarts of water to one quart and half a pint, adding towards the last, two blades of mace ; one nutmeg, slic’d ; and old Malaga, half a pint : strain it, and let the patient sup up a draught of it twice a day.

S U D O R I F I C K S.

ON this head, it will be needful only to intimate, That when it is consider’d, that the liquid which goes off by sweat, is often the most subtile part of the blood, it will follow, that it ought not to be forced away without manifest necessity. When sweat is vehement, it will grow bloody. Water is the best and safest sudorifick ; watery and acid things, mixed, prove strong sudorificks. Spices, by heating and

dissolving the blood, are not so proper and safe sudorificks.

For what otherwise relates to the article of sweating, &c. see under the proper heads of *Fever*, &c.

See also *Evacuation*, *Perspiration*.

S U G A R.

See *Aliment*, *Childrens Distempers*, *Herbs*. Also see *Confectionary*, &c.

S U R F E I T S.

A Surfeit is an indisposition of body, with a sense of heaviness at the stomach, and sickness, succeeded generally by eruptions in the skin, and a small fever. It is commonly consequent upon eating or drinking unwholesome things, or

on some excess in either food or drink ; tho’ there are also other causes, such as too large a draught of cold water, or small-beer, especially when hot in the summer-time, too violent exercise, bad air, &c. The eruptions are like a rash.

For

Another.

TAKE the tails of twenty cray-fish ; candied eryngo-roots, one ounce ; the bottom of a white loaf ; raisins stoned, two ounces ; liquorice, three drachms : boil these in three pints of water to one quart, and strain it.

Let four or six ounces be taken three times a day. After the same manner may be made broth of snails.

To make Almond Milk good for the Strangury, Gravel, &c.

TAKE one ounce of sweet almonds, blanch and bruise them in a stone mortar with half an ounce of loaf sugar ; and while you are bruising them, pour to them by degrees a pint of barley water, strain it thro’ a canvas strainer, and drink it at pleasure.

For the cure, give a vomit presently; and if there be no fever, a dose of tincture of hiera picra, next day.

If the eruptions appear, keep them up with cordials, and gentle diaphoreticks. Let the patient drink sack-whey, or sage-tea.

Where the fever is strong, and the patient full of humours, bleeding may be used.

See *Excesses*. Also see *Distillery*.

S W E A T S.

See *Evacuation*, *Fever*, *Sudorificks*. &c. Also *Distillery*.

S W E L L I N G S;

See *Tumours*.

S W O O N I N G;

See *Fainting*, &c.

TEETH, GUMS, TOOTH-ACH, &c.

Tooth-ach is a very troublesome disorder, and has sometimes been attended with fevers, head-achs, convulsions, or imposthumations: 'tis therefore not to be so slightly treated as some imagine. If the pain be small, and just begun, brandy, or any spirituous liquor held in the mouth, will correct the coldness, and prevent its going further. If the tooth be hollow, and you have no mind to part with it, the hole may be filled with lead, or boiled turpentine, to defend it from the air; or thrust up a pill of crude opium into the tooth, which has been first softened by a drop or two of oil of cloves; and the following draught, taken at bed-time, will remove the feverish heat occasioned by the anguish, if it ceases not on the pain being quelled by the opium; viz.

Take two ounces of milk-water; two drachms of treacle-water; six drachms of syrup of white poppies; and one scruple or twenty grains of Gascoign's powder: mix.

This distemper is also often cur'd by oil of wild marjoram. Liquid pitch, held in the mouth, likewise takes away the pain; and oil of box wonderfully eases it.

A decoction of tobacco in wine,

held in the mouth, efficaciously cures the pain.

Root of pellitory of Spain, chew'd, expels a great deal of humours, and eases the anguish. Sometimes so much corruption is raised from a rotten tooth, that it causes swellings in the cheek and chin, which can be no otherwise cured than by drawing. But a most effectual remedy against this disorder, is the juice of the root of yellow fleur-de-lys, rubbed upon the tooth affected, or the root chewed in the mouth, which will instantly stop the pain.

The following recipes are very efficacious in the different ailments of the teeth and gums, &c. and in order to preserve them.

A Medicine prescribed to King Charles the First, to fasten the Teeth.

TAKE a pint of spring-water, and put to it four ounces of brandy: let the patient wash his mouth with the mixture of these every morning, and twice or thrice a day besides; and let him in the morning roll, for a little while, a bit of rock-alum to and fro' in his mouth.

An almost specifick Remedy for the Tooth-ach.

TO a quart of claret put one drachm of alum, and another of
R acorns;

acorns; a drachm and a half of galls; and half an ounce of good dried rose-leaves: boil this to the consumption of near half, and then take it from the fire, and strain it, and dissolve it in a drachm and a half of acacia cut into small bits; and with this liquor a little hot, wash the part several times in a day.

For scorbutick Gums, and to fasten the Teeth.

TAKE a pint of claret, and half an ounce of roch-alum: mix, and dissolve them, and then add thereto six ounces of a strong tincture of Japan-earth made with common brandy.

An useful Liquor to fasten the Teeth, and prevent the Tooth-ach.

TO a pint of spring-water put half an ounce of clean sal armoniack; and with the solution of this salt, let the patient wash his mouth from time to time.

An excellent Medicine to fasten the Teeth in scorbutick Gums.

TAKE of choice bole-armoniack, two drachms; choice myrrh, one drachm; roch-alum crude, half a drachm; claret-wine, one pint: boil these softly a little while together, and let the patient use twice, thrice, or (if need be) oftener, in a day.

For the Aching of a hollow Tooth.

TAKE oil of wax, and with it moisten well a little cotton, and thrust it up into the hollow tooth, letting it lie there till the pain be sufficiently assuaged.

Pellets for a hollow Tooth.

TAKE assa fetida, eight grains; camphire, dragons-blood, each

one grain; oil of pepper, two drops: mix.

One pellet will oftentimes ease the most sharp pains, and prevent their return.

For the Tooth-ach proceeding from sharp Rheum, and not a bad Tooth.

TAKE burnt alum powdered, half an ounce; nutmeg, one drachm; honey of roses, as much as sufficient to make it of the consistence of an ointment; which spread upon paper, and bind upon that side of the face that is in pain, with a convenient cloth.

A Gargle for a stinking Breath.

TAKE myrrh, two drachms; Florentine orris, cyperus, aromatick reed, and Spanish angelica-roots, of each a drachm; rosemary-leaves, half an ounce; cloves, half a drachm; white-wine, four ounces; spring-water, half a pint; make warm close infusion two hours: to the strained liquor add Hungary-water, six drachms; tincture of Benjamin, two drachms: mix.

A Powder for foul, black, or yellow Teeth.

TAKE powder of tiles, half an ounce; moisten it, at severall times, with oil of tartar, till it hath imbibed its own weight, and bring it to the consistence of paste; then add white tartar, three drachms; bread burnt black, two drachms; make it into powder; and after rubbing the teeth with it, wash off with warm wine.

A Gargle for ulcerated Mouths, Throats, &c.

TAKE red astringent wine, half a pint; powdered myrrh, two drachms: mix.

It deterges, astringes, repels, dries; heals: is a most excellent wash for swelled, fungous, flaccid, bleeding, eroded and putrid gums; cleanses and frees the mouth from foulness and ill scents, and heals (even venereal) ulcers of the jaws and throat.

To preserve the Teeth.

TAKE burnt hartshorn, half an ounce; myrrh, two drachms; mix, and powder them, and rub the teeth with it.

To cleanse the Teeth.

TAKE pumice-stone, scuttle-bone; of each one ounce; tartar of vitriol, mastich, of each two drachms; musk, one scruple; oil of rhodium, three drops: mix them to a fine powder, and use. It whitens the teeth, hardens the gums, and sweetens the breath.

A Gargle for a sore Mouth.

TAKE six sage-leaves boil in half a pint of fountain-water; and to a quarter of a pint of it strained, add white-wine vinegar, four ounces; rock-alum, six drachms; honey, two ounces: boil it again, and scum it.

The following observations of a worthy naturalist, relating to this subject of the teeth, &c. deserve a place here.

The pains and diseases attending the **TEETH**, chiefly proceed from two causes. The first, from certain filthy phlegmy matter which the stomach and vessels continually breathe and send forth, which centres in the mouth, and lodges between the teeth, and on the gums; and in time makes the teeth loose and rotten. And secondly, for want of continual cleansing and washing, those breathings, and this phlegmy matter, turn to putrefaction, which

eats away the gums, as tho' done by worms: and this effect is generally attributed by mistake to the scurvy.

The distempers attending the teeth and gums proceed also from the various sorts of meats and drinks, and more especially from the continual eating of flesh, and fat sweet things, compounded of disagreeing natures, which do not only obstruct the stomach, but fur and foul the mouth, part thereof remaining upon the gums, and between the teeth: for all such things quickly turn to putrefaction, which by degrees corrupts both the teeth and gums. Besides, our beds take up near half the time of our lives, and our suppers lying hard in the stomach most of the time, require more than double the space for perfect concoction, that the same food does when a man is up, and in the open air; the night therefore fouls the mouth more than the day, furring it with a gross slimy matter, especially in such as have foul stomachs, and are in years, and who do not well cleanse them every morning.

It is to be noted, that most people attribute the diseases of the teeth to colds, and rheums, and other outward accidents. It is true, outward accidents will further this disease, but then there must be matter before-hand, otherwise outward colds can have no power to cause this pain. For if your teeth and gums be sound, and free from this matter, take what colds you will, your teeth will never ach, as daily experience shews.

The best and most sure way therefore to prevent the diseases and pains in the teeth and gums, is every morning to wash your mouth with several mouthfuls of pure water, cold from the spring or river, and

So again after dinner and supper, swallowing down a mouthful of water after each washing; for there is no sort of liquor in the world so pure and clean as water; and nothing cleanses and frees the teeth and gums from that foul matter which proceeds from the breath and purgings of the stomach, and from the various sorts of food, so well as water. The use of other washes is to little or no purpose; but whosoever constantly washes his mouth with water, as is before mentioned, shall find an essential remedy.

All hard *rubbing* and *picking* of the teeth ought by all means to be avoided, as very injurious to them. But whenever you find your mouth foul, or subject to be slimy, as sometimes it will more than at others, according to the good or

bad state of the stomach, tho' it be not after eating, at all such times you ought to wash your mouth. This rule all mothers and nurses should likewise observe, washing the mouths of their children two or three times a day; and also cause their children to swallow down a little water, which will be very refreshing to their stomachs; for milk naturally fouls and furs the mouth and teeth, and if they be not kept clean by continual washing, it causes the breeding of their teeth to be the more painful to them.

To keep the teeth white, one of the best things is a piece of broken China, or fine Delft-ware, beaten into fine powder, and to rub the teeth with it.

See *Childrens Distempers*. See also the article *Cosmeticks*.

TEMPERANCE.

AS this is a virtue, which never fails to reward its practisers with *health* and *long life*, we think we ought not to omit it in this treatise; because *temperance* is not only the best prescription for health that can be given, but what (if timely observed, before the noon of life be past, and while the vital parts are not greatly injur'd by debauches) will make all other physical prescriptions needless, excepting in cases of unforeseen accidents. We cannot better set forth the efficacy of this virtue to health and long life, than in a short account of the practice of the noble Venetian CORNARO, which has been so often quoted by physicians.

This noble person gives us an account, That he was addicted to intemperate living till between the thirty-fifth and fortieth years of his age, which, together with a naturally weakly constitution, had pro-

duc'd a constant pain in his stomach, and often of the side, and a beginning gout, with a continual fever and thirst. That hereupon he resolved to follow the advice of his physicians, who prescribed to him a sober and regular life, and that he should only chuse in small quantities food proper for sickly constitutions.

That he soon found the good effects of this advice; for in less than a year's time he was perfectly cur'd of all his infirmities.

He then began diligently to examine whether the most agreeable sort of food was also the most nourishing, or not. Upon which he found, that tho' his taste was best pleas'd with strong and very cool wines, melons, and other fruit; as also with raw lettuce, fish, pork, sausages, pulse, cake, pye-crust, and the like, yet all these were pernicious to him. Wherefore he chose such wine as suited his stomach, and

and in such measure as might be easily digested; always taking care to rise from table with some remains of appetite.

His annual distemper, with all the others, being by this means intirely remov'd, he proceeded farther to guard against excess of heat and cold, weariness, watching, bad air, and venery; being well appris'd, that besides the benefit of moderate eating and drinking, a regard should also be had to these, in order to preserve perfect health, as also to the government of the passions, such as *hatred* and *melancholy*, and even excessive joy, which have great influence over the constitution; tho' where a regular diet is observ'd, these affections of the mind are not so hurtful as they would otherwise be.

He observes further, that such accidents as are inevitable death to others, are easily overcome by the temperate: for when he was seventy years old, a coach, in which he was riding hastily, was overturn'd, himself dragg'd furiously by the horses a considerable space, his whole body grievously bruised, and one of his arms and legs put out of joint. When he was carried home, he says, the physicians concluded he would die within three days; yet advis'd letting of blood and purging, with a view to obviate the inflammation and fever they apprehended; both which remedies he refus'd, because the regular life he had led so many years, seem'd not, as he thought, to require any such expedients. Therefore he only caus'd his arm and leg to be set, and his body to be anointed with oil, which, without any other application, cur'd him, to the amazement of the physicians.

He observes however, that a re-

gular life can hardly be alter'd without exceeding great danger; and gives an instance of it in himself, that being prevail'd upon to permit the quantity of his diet to be increas'd only two ounces; *viz.* from twelve full ounces of bread, eggs, flesh, and broth, to fourteen; and from fourteen ounces of drink, to sixteen; the effect of this alteration was, that of a chearful man he became melancholy and cholerick, and hardly 'knew what he did or said. On the twelfth day he was seiz'd with a pain in the side, which continued twenty-two hours, and was succeeded by a violent fever, which lasted thirty-five days and nights; tho' after the fifteenth it decreas'd. He could not sleep even a quarter of an hour, and was given over for lost: that hereupon, tho' he was now seventy-eight years old, his body extremely emaciated, and the winter very severe, he resumed his wonted method of living, and thereby regain'd his former health. Whence he concludes, "That an
"orderly life is the most sure way
"and ground of health, and long
"days; and the true and only me-
"dicine of many diseases." He then explodes the common pretences of such epicures, as assert, that it is better to abate ten years of life, than always to live *under restraint*. He observes, that they consider not of how great moment ten years are in *mature age*, wherein wisdom, and all kind of virtues, are most vigorous; which, but in that age, can hardly be perfected. And asks, If almost all the learned books that we have, were not written by their authors in those very *ten years*, which those sensualists condemn in comparison with their belly?

"That besides, an orderly life is
"not so *hard* a thing, as these per-

" sons pretend: That *Galen* kept it,
 " and held it for the best physick;
 " and instances the like in many
 " others, antients and moderns."

As to the due proportion to be observ'd with regard to the various constitutions of persons who would live within the bounds of temperance, he says, That no man is obliged to live upon so little as he does; nor to forbear, as he does, fruit and fish, except they find hurt by them, as he does: that therefore such as find benefit in these meats, may, yea, ought to use them: yet all must take heed, lest they take a greater quantity of any meat or drink (tho' most agreeable to them) than their stomach can easily digest: so that he who is not hurt with any kind of meat and drink, hath the *quantity*, and not the *quality*, for his rule, which, as he rightly says, is very easy to be observ'd.

He takes notice, further, that there are some who object, that a long life is no such desirable thing; because that after a man is once sixty-five years old, all the time afterwards is rather death than life. But to shew how greatly such persons err, he recounts the pleasures and delights he actually takes at the age of eighty-three, which, as he says, are such as that all men account him happy.

Some of these are, that he has agility enough to mount his horse, without help, on high ground; that he can ascend high stairs and hills on foot; that he is ever chearful, merry, and well contented, free from cares, and troublesome thoughts; that he often conferr'd with men eminent for learning, wit, polite behaviour, and other graces and virtues; at other times, that he either read some judicious author, or wrote himself, and endeavour'd to

assist others in the same way.

That he enjoy'd his gardens, which were very pleasantly situated, and delighted himself in their cultivation; and in the convenience and beauty of his houses, as well those in the city of Padua, as in the country, and in a church which he had built himself; and took the more delight in the latter, as he had drain'd the ground, and made the air good, that was before moorish and unhealthy; which had encouraged others to build all around him: so that, as he observes, he can truly say, he has both given God a temple, and men to worship him in it.

That he sometimes rides to the neighbouring cities, to enjoy the company of his friends, and of great masters in architecture, painting, statuary, musick, and husbandry, who abounded in that age and country. He view'd their pieces, compar'd them with those of the antient school, and ever learnt something worth his knowledge. He survey'd palaces, gardens, and antiquities, publick fabricks, temples, and fortifications; omitting nothing which might either instruct or delight him.

All his senses were in full vigour; but especially his taste; so that he relish'd his own assign'd pittance, better than he did formerly all the dainties which luxury could bestow.

He felt no inconvenience from the change of his bed: he slept well and quietly any-where, and his dreams were light and pleasant. He was chiefly delighted with the success he had in his projects of cultivation and husbandry; to which employment he was appointed by the state, and resided two whole months in the heat of summer, (which is very violent in Italy) with-

without any inconvenience, among the fens.

That his fancy was so strong at eighty-three, that he wrote a pleasant *comedy*, full of decent wit and merriment; which kind of poem, as he observes, uses to be the child of *youth*, which it most suits withal for variety and pleasantness; as a tragedy with *old age*, by reason of the sad events which it contains, and which such are generally conversant with. And if, says he, a Greek poet of old was praised, that at the age of seventy-three he wrote a *tragedy*, why should I be accounted less happy, who, being ten years older, have written a *comedy*?

And now, says he, lest there should be any delight wanting to my old age, I daily behold a kind of immortality in the succession of my posterity: for when I come home, I find eleven of my grandchildren, all in perfect health; I am delighted with their musick and fashion; and I myself also sing often; because I have now a clearer voice than ever I had in my life. These, continues he, are the delights and solaces of my old age, which is altogether to be prefer'd to the youth of many others; because, by *temperance*, and thro' the *grace of God*, I felt not those perturbations of body and mind, which afflict infinite numbers, both of young and old. By all which it is evident, adds he, that the life I live at this age, is not a dead, dumpish, and sour life, but chearful, active, and pleasant.

He then promises himself, that his end is far from him, (in which he was not deceived, he living to above one hundred years in perfect strength of body and mind) because his regularity had excluded

death by any other way than pure *resolution*, the most easy and desirable end.

Such was the life of the noble CORNARO: his setting out was in intemperance; he reclaim'd in time, improved a natural sickly constitution, into an healthy one, by *temperance*; and his delights were solid, rational, manly; and such as, after all, make old age desirable, death not to be feared, and give a joyful assurance of happiness in the world to come.

Well then may we say, with a * certain gentleman, ' O temperance! thou support and attendant of other virtues! thou preserver and restorer of health, and protractor of life! thou maintainer of the dignity and liberty of rational beings from the wretched inhuman slavery of *sensuality, taste, custom, and example*! thou brightener of the understanding and memory! thou sweetener of life, and all its comforts! thou companion of reason, and guard of the passions! thou bountiful rewarder of thy admirers and followers! how do thine excellencies extort the unwilling commendations of thine *enemies*! and with what rapturous pleasures can thy *friends* raise up a panegyrick in thy praise!

See *Air, Aliment, Diet, Exercise, Evacuations, Passions, Sleep, Water, &c.*

T E T T E R S.

See *Cutaneous Distempers*: also *Cosmeticks*.

T H I R S T.

See *Fever*: also *Syrups in Confectionary*.

* Dr. Short, in his *History of Mineral Waters*, p. 9.

Sore T H R O A T S

Generally proceed from colds, and ought to be taken care of early, for fear of inflammatory disorders ensuing.

The following recipes are well approved, and the effect of successful experience.

For a sore Throat.

TAKE a pint of white-wine-vinegar; two spoonfuls of made mustard; three spoonfuls of honey; a very little black pepper: mix it all, setting it over the fire till the honey is melted, which is necessary for the mixing it; then keep it in a bottle for use.

When you use it, put out as much as you shall take, and warm it. Gargle your throat six times together; repeat this every two hours, if you be very bad; otherwise night and morning is sufficient. If your throat be very bad, you should stay in your chamber, and keep warm.

A choice Medicine for a sore Throat.

TAKE a piece of greasy linen cloth, of such a bigness, as that, being doubled, it may make a bag in form of a stay, to reach from one side of the throat to the other, and contain as much matter as may make it of the thickness of an inch or more: this bag, being fill'd with common salt, is to be heated thoroughly, and apply'd to the part affected as warm as the patient can conveniently endure; and within two hours after, or when it begins to grow too cold, another like it, and well heated, is to be substituted in its room; and whilst this is cooling, the other may be heated, and made ready for use: so that the part affected may be always kept in

a considerable degree of warmth, for about forty-eight hours, if the remedy be so long needed.

Another.

TAKE housleek, and having lightly beaten it in a glass or stone mortar, press out the juice hard between two plates; to this juice put almost an equal quantity of virgin-honey: mix them well, and add to the mixture a little burnt alum, as much as is requisite to give it a discernible aluminous taste. Let the patient take this from time to time, with a liquorice-stick, or some such thing.

A powerful and experienc'd Medicine for a sore Throat.

TAKE two new-laid eggs roasted moderately hard, and the pap of two well-roasted pippins: beat them well together, and add to them as much curds of posset made with ale. Having incorporated them all very well, apply the mixture very warm to the part affected, shifting it, if need be, once in five or six hours.

An experienc'd Medicine for sore Throats.

TAKE of scabious water, six ounces; of wine-vinegar, a small spoonful; of mustard-seed beaten, and of honey, of each a spoonful; stir and shake them very well together; and then filtre the mixture, and keep it for use.

A choice Remedy for a sore Throat, especially if inflamed.

TAKE an ounce of the leaves of common mallows, and eight or ten good figs: boil these about a quar-

a quarter of an hour in a pint of new-milk, and let the patient use it very hot and often.

For a sore Throat.

TAKE the conserve of black-berries, and eat of it a tolerable quantity morning, noon, and night.

Bramble-leaves, with the stalks on which black-berries grow, three ounces, boil'd in a quart of milk till it come to a pint, and drink half a pint at going to bed, and half a pint an hour after, as hot as you can well bear it, is also an approved remedy for a sore throat. It may be sweeten'd with brown sugar-candy; and some put Jews-ears in to it. It is a very pleasant and safe remedy.

A Gargle for a sore Throat.

TAKE a quart of spring-water, and boil it a little; then put in to it of columbine, cinque-foil, plantane, and honey-suckle-leaves, of each one ounce; also five figs cut in pieces; half an ounce of quince-seed; and if it be from a cold rheum, add a little sage, else not; and when all is half boil'd, put to it as much clarify'd honey as will alter the colour of it; then after it has boiled some time, strain it, and gargle with it as hot as you can, evening and morning, as you see cause.

Likewise rice and white salt, mingled together and dry'd in a hot fire-shovel, and so made into a powder, is good for the same malady.

See *Quinsy, Thrush, Uvula.*

T H R U S H.

TO what we have already inserted relating to this disorder under the head of *Childrens Distempers*, we shall add the following.

By this name are call'd small, round, superficial ulcerations, which appear first in the mouth, but as they proceed from the obstruction of the emissaries of the saliva, by the lentor and viscosity of the humour, they may affect every part of the alimentary duct, except the thick guts: they often succeed fevers, especially those that inflame the intestines, or are attended with a looseness; and they are just the same in the inward parts as scabs in the skin, and fall off from the inside of the bowels like a crust: the nearer they approach to a white colour, the less dangerous.

The viscous matter is to be push'd out; therefore bleeding in the beginning is not proper, nor sudori-

ficks, because they thicken; but when the matter is quite push'd out, sweating is beneficial; tepid, diluent and small liquors are good in the first state, and bathing, if the patient can bear it, with gargarisms, clysters. Afterwards the food ought to be nourishing, detergent; panada's with bread and water, bread and milk, honey mix'd with the aliment; when they fall, aliment demulcent, soft, anodyne, and the moderate use of Rhenish wine; when they are separated, lenitive, purging substances.

The following recipes are well recommended in particular cases.

An almost specifick Remedy for the Thrush in Children.

TAKE houseleek freshly gather'd, crush it well between two plates, or otherwise till you have squeez'd out the juice; mix this with live honey so as to make it somewhat sweet,

sweet, and then put to it as much finely-powder'd roch-alum as will give it a little tartness: put some of this mixture, with a quill or a feather, down the throat as far as conveniently may be: if there be need, the part affected may be touched once more within an hour after.

A choice Medicine for a Thrush in young Children, or a sore Mouth.

TAKE an egg, and put out the meat; then fill it with the juice of red sage, and set it on hot embers till it boil; then skim it whilst any scum doth rise; then take as much alum beaten as the bigness of a pea or bean, and half a spoonful of honey, and let this be put in the egg, and boil it a little, and so take it off; and when 'tis cold, rub the child's mouth as oft as you see cause.

A Paste for the Thrush.

TAKE new butter just out of the churn, unsalted, (and washed in

rose-water) one ounce and a half; liquorice-powder, one drachm and a half; white sugar-candy powder'd, and pass'd thro' a searce, as much as serves to make it up like paste: mix.

Let a little pellet of this be put into the mouth to dissolve by degrees. It is good against the thrush, parchedness, heat, and roughness of the tongue, foulness in the mouth and throat, wheezing, and painful breathing. It may also be put up the nose when stopped and sore.

A laxative Electuary for the Thrush, and a dry husking Cough.

TAKE sperma-ceti, two drachms; work it with the yolk of an egg in a mortar, till uniformly mix'd; then add manna pick'd clean, extract of cassia new-drawn, penids, of each half an ounce; oil of almonds, as much as it will well take up: beat it in by degrees, and make an electuary according to art.
See *Childrens Distempers*.

The T O N G U E

IS the seat of the sense of tasting; which sense may be impair'd and lost. Chewing horse-radish before meals will help to recover it. But that is a difficult work, especially in old people. The tongue itself is subject to several ailments: the whiteness of it is troublesome, and proceeds chiefly from the stomach, indicating faults therein. Sometimes it is subject to swell, which also is very troublesome: sometimes it is attended with an ulcer, and sometimes with the palsy. For the three first disorders, the following recipes have been try'd with success:

For the Whiteness of the Tongue.

TAKE plantane-water, two ounces; white-wine vinegar, honey of roses, of each one ounce; sweet spirit of nitre, one drachm; spirit of vitriol, fifteen drops: mix them, and wash the tongue and mouth therewith.

For a Swelling of the Tongue.

TAKE tincture of red roses, red-wine, of each three ounces; tincture of myrrh, one drachm and a half; syrup of mulberries, one ounce; sweet spirit of nitre, two drachms: mix, and gargle the tongue.

For

For an Ulcer on the Tongue.

TAKE honey of roses, half an ounce; oil of vitriol, a sufficient quantity: mix, and touch the ulcer therewith.

For a Palsy in the Tongue, see Palsy, &c.

T O O T H - A C H .

See Teeth.

T U M O U R S

AR E formed, either from stagnation, when the passage of the fluids is hindered; gradual congestion, when the tumours are bred, as if by a secretion made; or generation and collection of a fresh humour. The remedies are, 1. *Resolvents*. 2. *Discutients*. 3. *Suppuratives* (*Repellents* being laid aside by the best artists).

1. *Resolvents* of the first degree are, the roots and herbs of mallow, wild-mallow, mercury, violets, white lilies, feverfew of the wall, melilot-flowers, linseed, fenugreek, fat dry figs, raisins, hogs-grease, marrow, oil of sweet almonds and white lilies, ointments of wild mallow, &c. Those of the second degree are, the roots and herbs of parsley, pennyroyal, boil'd onion, chervil, amber, cicuta, scabious; flowers of St. John's-wort, saffron, elder-flowers, chamomile; fat of geese and bears; gum of tacamahaca, liquid storax, turpentine; flour of beans, sperma ceti; oil of chamomile, bitter almonds, St. John's-wort, bay-tree; plaister of cicuta, with ammoniack, diachylon, &c. Those of the third degree are, the roots and herbs of bryony, wild cucumber, radish, raw onion, sole-foot, squills, wormwood, lesser centaury, tobacco; seeds of mustard, garden-rocket, cumin; gums ammoniack, fenel-giant, bdellium, sagapenum, all-heal, elemi, myrrh; swallow's-nest; spirit of urine, ammoniack, spirit of wine, leaven; oils of bricks, scorpions, turpentine, earth-worms, tobacco, petroleum,

balsam of sulphur, unguentum martiatum, diachylon with the gum, vinegar and saffron, composition of sulphur, of cicuta with ammoniack, of frogs with mercury. Various compositions may be made out of the above simples, fomentations, cataplasms, &c.

2. *Discutients* are akin to the foremention'd, and are these: the roots of fenel, fleur-de-lys, round birthwort, wild cucumber, pellitory of Spain, ginger, elder-flowers, aromatick plants, wild marjoram, pennyroyal, thyme, marjoram, rosemary, wormwood, sage, rue, savine, lavender-spike, hyssop, southernwood; flowers of chamomile, melilot, lavender-spike, sage, saffron; anthos, and berries of the juniper and bay-tree, nutmeg, mace, &c. Aromaticks, seeds of dill, cumin, fenel, rue, mustard; castor, camphire; oils of earth-worms, chamomile, cumin, anil, lavender-spike, turpentine, amber, sulphur, animals dung, &c. Out of these simples may be made cataplasms, fomentations, &c. Among which place the following fomentation:

' Take of the tops of St. John's-wort, wormwood, and lesser centaury, each two ounces; chamomile, and elder-flowers, each six drachms; juniper and bay-berries, each one ounce and a half: boil it in a gentle lye from three quarts to two; strain, and dissolve it in one ounce of sal armoniack.'

At the time of use, add one pint of common spirit of wine: mix it
for

for a fomentation. Likewise this cataplasm:

Take of bay, rosemary, and rue-leaves, each one ounce; chamomile and elder-flowers, dill-tops, each half an ounce: boil 'em in water and wine, each an equal quantity, till it grows soft; bean and bran-flour, cow's-dung, each three ounces; of honey, four ounces: mix them, and make a cataplasm.

Whilst these externals are used, diaphoreticks (out of the alkaline tribe chiefly) are to be chosen.

3. *Suppuratives* are such remedies as hasten and facilitate the gathering of the matter to a head. The more eminent are the following: root of wild-mallow, white lilies, bryony, boil'd onion, garlick roasted under the ashes; the herbs mallow, wild-mallow; melilot, chamomile, and saffron-flowers; linseed, fenugreek; barley and wheat-flour, crums of white bread, fat dry figs, gum ammoniack, ointment of wild-mallow, sharp leaven, Venice soap, bullock's-dung, &c.

Milk is, above all, a good suppurative, boiling in it a proper quantity of Venice soap, which, apply'd with double cloths, wonderfully ripens and opens imposthumes.

As a good cataplasm, use the following:

Take root of wild-mallow and white lilies, each two ounces; mallow-leaves, linseed-powder, of each ounce: when these are boil'd soft, add six drachms of onion roasted under the ashes; unguentum basilicum, and oil of white lilies, each a sufficient quantity: mix them, and make a cataplasm.

The following recipes are also of use in these cases:

To ripen a Tumour.

TAKE the plaister of Paracelsus, of compound diachylon, of the flower of ointments, of each four ounces: mix them together, and make a plaister.

To heal a Tumour when it is broken.

TAKE Venice turpentine, two ounces; the yolk of one egg; tincture of myrrh and aloes, half an ounce; powder of saffron, one scruple: mix, and make a liniment, and apply it on lint to the part affected, renewing it every day.

A Fomentation to discuss a Tumour.

TAKE St. John's-wort, common wormwood, centaury, of each one ounce; bay-berries, two ounces; chamomile and elder-flowers, of each half an ounce: boil in three pints of water to a quart; strain, and add common spirit of wine, half a pint: mix for use.

A Plaister good to ease Pain in phlegmatick Obstructions, Tumours, &c.

TAKE cumin-seed, and bay-berries, each six ounces; dried chamomile-flowers, two ounces; water, six quarts: boil them together; then strain off the liquor; to which add Burgundy pitch, six pounds: boil these to the consistence of a very stiff plaister; then let them stand till they are almost cold; then melt the pitch again, and add by degrees, powder of cumin-seed, and bay-berries, each six ounces; keep continually stirring it, till it be brought to the consistence of a plaister. It warms, attenuates, and discusses swellings, &c.

Ointment of Marshmallows; of Service in the Pleurisy, Hardness of Belly, and inflamed Tumours.

TAKE oil of marshmallows, twenty-four ounces; yellow wax,

wax, six ounces; resin, three ounces; turpentine, an ounce and a half; mix them together, and make an ointment. It is emollient, or softening, relaxing, suppurative, or ripening, and anodyne, the part being anointed therewith.

The Oil of Marshmallows is thus made:

TAKE fresh marshmallow-roots bruised, two pounds; linseed, and fenugreek-seed, each one pound; spring-water, a gallon: let them steep together for four days; then boil them gently, and press out the mucilage; to which add two quarts of neats-foot oil: boil it over a very gentle fire till the watry moisture is evaporated, observing to keep it continually stirring to prevent its burning; then strain off the oil.

A Plaister used to strengthen the tendinous Parts, to resolve and discuss hard Tumours, to ease and warm the Parts, and also in Fractures and Dislocations.

TAKE of yellow wax, and resin, each six ounces; common and Burgundy pitch, each three ounces;

Venice turpentine, galbanum and ammoniacum strained, myrrh, frankincense, and mastich, each two ounces, and six drachms; powder of saffron, two ounces; turmeric-root in powder, four ounces: make these up into a plaister.

A Medicine which cured an obstinate Tumour of the Knee, that had baffled some Chirurgeons.

TAKE a green colewort-leaf with red veins or streaks; and having cut the ribs flat, and almost level to the rest of the leaf, bruise it with the haft of a knife, or some such thing: apply it to the part affected, renewing it once or twice a day.

A powerfully dissolving Ointment for Warts, and divers Tumours.

TAKE May butter; and having melted it in a moderate heat, mix with it very diligently, but by little and little, as much oil of tartar per deliq. as will give it a sensible, but not a considerably strong taste.

T Y M P A N Y.

See Dropsy.

T W I S T I N G of the G U T S.

IN this tormenting distemper, which is more properly termed the *iliack passion*, and is rather an inversion than a twisting of the guts, more die than recover. The case is very desperate, when there is no discharge by stool, but of blood; as also when cold sweats succeed.

Quick-silver and bullets have lost their antient repute, as dangerous in the cure of this disorder.

Observe to keep the diet thin throughout the whole course, and to confine the patient to his bed.

In the first place observe to strengthen the stomach, and stop the vomiting. Give the salt of wormwood, with the juice of limons to be taken sometimes; but betwixt whiles a few spoonfuls of mint-water, without adding any thing to it.

In the mean time apply a live puppy to the naked belly, which will alleviate the pain: then give one drachm of the greater scurvy-grass pills, dissolved in mint-water, to be taken during the purging.

Fat

Fat broths, and oil of sweet almonds, may be taken, and continued, tho' they are often cast up by vomiting.

The caul of a sheep newly killed, applied to the belly, wonderfully alluages the pain; as does a cataplasm of Burfdorf apples rotten, with a little saffron, or of sheeps-dung boiled with milk.

Sperma ceti in a decoction of rape-root is proper to keep the patient in spirits; who ought to be bled immediately, and to have a tobacco clyster, repeated, if occasion requires.

A semicupium may be serviceable; and, in general, all remedies used in the colick.

Great success has been obtained from a cataplasm of cows-dung all over the body.

The caul and guts speedily taken out of living animals, and applied hot to the belly, have been also greatly serviceable.

This distemper is the consequence of an *inflammation of the guts*; the symptoms of which an eminent physician thus describes:

A total stoppage of the passage; a vehement fixed burning pain, irritated by things taken inwardly; when any thing touches the affected part, it excites vomiting, sharp griping pains, with wind in other parts of the bowels. The consequences of such an inflammation are an *ileus*, what is commonly called the *twisting of the guts*, but is really either a circumvolution or insertion of one part of the gut within the other. All these symptoms are attended with a fever.

It is of the utmost importance to know what the causes of *colicks* are; for as they are various, the remedies in one case are quite opposite and destructive in the other; for

the spicy warm carminative things which are given in a colick, from a phlegmatick or *cold* cause, are poison in an *inflammatory* one. They may be distinguished by the fever, high pulse, thirst, and flame-colour'd urine attending the inflammation. As to the heat, tho' it is great likewise by the violence of the pain, the extremities grow cold; besides, there is a sudden prostration of the strength or weakness attending this colick, more than any other.

This disease admits of a speedy remedy, or none; for it ends in an iliack passion, and mortification of the bowels, very soon.

Besides a copious bleeding, there is hardly any other method but fomenting and relaxing the bowels by emollient tepid liquids, both taken by the mouth, and by clysters; injected hourly; yet it has been known by experience, that acids have relieved in very desperate cases, as juice of limons taken by the mouth, and vinegar and warm water given in clyster, have saved the patient: because of the incessant vomiting, opiates to quiet the convulsions are sometimes necessary.

Warm fomentations even of warm animals to the belly, are extremely beneficial.

If the inflammation happens to be in the lower guts, it is not so dangerous; and even when it suppurates, it admits of a cure; then it can be reached by proper medicines in the form of clysters; in the latter end of such a case, chalybeat waters are beneficial.

If the patient survives three days, and if the acuteness of the pain abates, and a chillness or gruing affects the body, it betokens a suppuration, and in a few days the matter flows either into the cavity of the abdomen, producing all the symptoms which happen

happen in the imposthumation of the liver, or into the cavity of the intestines, and causing a purulent bloody-flux, and often a consumption, sinus's, fistulas.

Whey and chalybeat waters drank plentifully are often beneficial in such a case.

The aliment ought to be of such things as generate little or no excrements, as broths of flesh-meat, with scorzonera, parsley, or fenel boiled in them; goats whey is likewise excellent; fat and oily substances generally hurt.

The continuance of the fever, clammy sweats, paleness, an ichorose diarrhoea, fetid, black, or like the washings of flesh, a small intermitting pulse, and at last a total cessation of pain, are signs of a gangrene and approaching death.

If none of the forementioned things happen, if the fever abates, and the patient complains of a weight, dull pain, and stoppage of the excrements, a scirrhus is form-

ing, which increaseth daily, and may end in a cancer, which purging, and indeed all medicines, irritate. In such a case the patient may protract a miserable life with an exact thin diet of whey, broths, and such things as produce no feces, or by alimentary clysters. See CANCER.

The famous *Sydenham* prescribes as follows in this distemper:

'Take resin of scammony, or
'resin of jalap, twelve grains; calomel, one scruple: mix, and make
'a powder, to be taken in a spoonful of cow's milk; drink after it a
'spoonful or two of the same
'milk.'

As also this, after the operation of a purge is ended:

'Take strong cinamon-water, an
'ounce; liquid laudanum, twenty-five drops; mix them for a
'draught: repeat it two or three
'times a day, or oftener, till the vomiting and purging be assuaged.'

V A P O U R S.

SEE *Feminine and Hypochondriack Disorders, Head-ach, &c.*

V A R I.

See *Cutaneous Distempers.*

V E G E T A B L E S.

See *Aliment, Diet, Herbs, Venomous Bites, &c.*

VENEREAL DISTEMPERS.

WE would excuse ourselves from saying any thing upon this subject, were we only to consider the case of such as by criminal and guilty commerce, bring upon themselves the different maladies, that, to such, are the deserved consequences of their follies: but as there are several innocent persons yoked to vicious mates, who may stand in need not only of advice, but call for our

compassion, we shall touch upon this subject, tho' at the same time, we shall do it briefly; as it is principally intended for such innocent, but unfortunate persons, as we have mentioned, who may suffer thro' modesty, and the shame they think it would bring upon them to apply to proper persons for the cure of their disorders.

We

We shall first begin with the *simple gonorrhœa*, which may have no relation to the virulent one, and which may be brought upon a person merely by the force of violent exercise, strains, and the like: In this more innocent, but troublesome flux, the first thing proper to be done is to bleed to a sufficient quantity, in order to calm the motion of the blood to the lower parts; and then the blood is to be cooled by proper emulsions: such are the following:

For a simple Gonorrhœa.

‘ Take the four large cold seeds, of each two drachms; sixteen blanch’d almonds; two pounds of barley-water, and beating them in a mortar, express the juice. Mix salt prunellæ, one drachm; syrup of marshmallows, two ounces, and make an emulsion; of which drink at pleasure.’

‘ Take conserve of roses, an ounce and a half; spirit of vitriol, twenty drops; dragon’s-blood, one drachm; Japan-earth, one scruple; red coral, a drachm and an half; syrup of limons, what is sufficient for an electuary: of which take the quantity of a nutmeg twice a day, drinking after it six spoonfuls of the following julep:

‘ Take plantane-water, eight ounces; cold cinamon-water, two ounces; spirit of vinegar, one ounce; sugar of lead, ten grains; syrup of coral, one ounce: mix.’

And this will generally be sufficient to cure the innocent species of this malady.

For the rest, where the case is venereal, the readers are referred to the following prescriptions, as their circumstances may require:

For the Heat of Urine in a Gonorrhœa.

TAKE parsley-water, two ounces; gum Arabick, two drachms;

salt-petre, half a drachm: make a solution, to which add spirit of turpentine, thirty drops: make a draught.

An Emulsion to be taken in a Gonorrhœa.

TAKE balsam of Tolu, six drachms; boil in fine barley-water three pints to a quart; when it is cold, strain; and with sweet almonds blanch’d, six drachms; balm of Gilead, sixteen drops: mix it with a sufficient quantity of white sugar, and drink it at pleasure.

For a Gonorrhœa.

TAKE balsam of capive, ten drops, (drop into sugar) take it with wine.

An Electuary for a Gonorrhœa.

TAKE powder of the root of jalap, four ounces; scammony and liquorice, of each two ounces; resin of jalap, half an ounce; salt of tartar, and oil of anise, of each two drachms; Venice turpentine, a sufficient quantity to make an electuary: take an ounce every morning, It is a brisk purge.

A very effectual Injection for a Gonorrhœa, which heals the Ulcers, and stops the Gleet.

TAKE of plantane and frogs-spawn-water, of each three ounces; white troches of Rhafis, two drachms; sugar of lead, one drachm; honey of roses, one ounce: mix them together, and inject two or three times a day.

For a virulent Gonorrhœa.

TAKE lenitive electuary, two ounces; Ethiops mineral, one ounce and a half; powder of gum Arabick, half an ounce; cream of tartar, jalap, of each three drachms; balsam

balsam of polychrest, two drachms; syrup of succory, with wild poppies, enough to make an electuary: take the bigness of a large nutmeg every other night and morning.

For the Venereal Disease.

TAKE raspings of guaiacum, one pound and a half; liquorice bruised, six ounces; rhubarb thin sliced, four ounces; salt of steel, three ounces; new well-wrought beer or ale, two quarts; salt of tartar, one ounce: mix, and digest in a gentle heat for ten days, shaking the glass twice a day; then let it settle four or five days; drain off the clear infusion, and keep it for use. Take one ounce and a half of it in four ounces of pure lime-water, morning, noon, and night.

A somewhat rough Emetick, by which the French Pox has been often cured.

TAKE good mercury sublimate, and mithridate, or Venice-treacle, of each one ounce: mix them together, and put them into a quart of spring-water; set them in balneo to dissolve in a close vessel; and of this liquor well-settled, let the patient take about half a spoonful, or, if need be, a spoonful, but never above a spoonful and a half, in four ounces of small ale warm, fasting in the morning, and once in the afternoon, or evening, the stomach being empty. Every second day intermit, and give a gentle purge.

Excellent Liquor to be used occasionally in Gleetings.

TAKE four ounces of spring-water, or plantane-water, and dissolve it in about one scruple of the sympathetick powder, or so much as will give it a sensible, yet but faint vitriol-like taste: and of this mixture inject as much as is usual,

in a small syringe, every morning and evening, as long as need requires, directing the patient to retain the injected liquor as long as conveniently may be.

The famous Dr. Chicoyneau's new Method for curing the Venereal Disease without Salivation.

IT need not be said, says the communicator of this new method, what direful accidents daily happen to people by salivations, as the loss of teeth, of hearing, of a healthful constitution, and often even of life itself: and what makes this case still more deplorable, is, that it has been generally thought, that nothing but an high salivation is the proper and adequate cure for this distemper: but the learned Dr. *Chicoyneau*, an eminent French physician, has happily discovered and proved the contrary. His method, which is sometimes called, *The Montpellier Method*, and sometimes *The new French Method*, and which is attended with very little pain, and no danger at all, is as follows:

The doctor, according as he finds the patient's case to be, sometimes orders a little blood to be taken away, sometimes a gentle purge or two to be taken, but always makes him bathe five or six times, and always an hour each time; after which the whole operation consists in nothing more than rubbing his feet, legs, and arms, four, five, or six times, as the case requires, with a mercurial ointment, in such quantities, and at such proper intervals of time, that no high salivation may be raised thereby: sometimes, indeed, but not always, a gentle moderate spitting will ensue, nor is it possible, in some constitutions, to prevent it; but then 'tis never carried high, nor encouraged; 'tis nei-

ther troublesome nor dangerous. The patient during this time keeps his chamber, and observes a regular diet, and all he suffers is only a little feverish heat and restlessness sometimes for a day or two, when the operation is at the height.

After this manner only, without any further trouble or danger, does Dr. *Chicoyneau* cure the most inveterate pox, with all its symptoms and attendants: 'tis therefore greatly to be wished, adds the communicator, that all our surgeons and others who undertake the cure of this disease, could be prevailed on, out of regard to the ease and safety of mankind, wholly to lay aside the old pernicious way by salivation, and embrace this new and safe method.

There are some hundreds of gentlemen in *England*, that can, from their own experience, bear witness to the excellency and efficacy of it. I myself, says the gentleman, and three others that are now in com-

pany with me, have been all cured by it, two by Dr. *Chicoyneau* himself in *France*, and the other two here in *London*.

If any person is desirous to be further informed as to this practice, he may consult a book written by Dr. *Chicoyneau*, and translated into *English* by Dr. *Willoughby*, intituled, *The Practice of Salivation shewn to be of no Use or Efficacy in the Cure of the Venereal Disease, but greatly prejudicial to it, &c.* Or else a treatise published by Dr. *Didier*, one of the professors at *Montpelier*: or, lastly, a pamphlet lately published here, intituled, *A Letter from a Physician in London to his Friend in the Country, giving an Account of the Montpelier Practice in curing the Venereal Disease, &c.*

See *Colds, Ulcers, &c.*

VENICE-TREACLE.

See *Opium*.

VENOMOUS BITES, POISONOUS PLANTS, &c.

IN the bite of a VIPER, the fat or oil of vipers proves an excellent remedy, if directly applied and rubbed well into the wound, within a few minutes of the bite. But when the poison is got into the blood, neither this, nor any other external will do. If the constitution or symptoms indicate bleeding, that may be done; then anodynes, and medicines which provoke sweat, are proper.

An eminent physician advises the following method to draw out the poison, either from the bite of a viper, or a *mad dog*, &c. to bathe immediately with rectify'd spirit of wine; to apply a plaister of Venice

treacle; to scarify the part; or to apply cupping-glasses to it; or to burn the place with a hot iron: that the wound be kept constantly running for six or eight weeks, by proper dressings; that is, you may use the ointment or balsam just named, and mix it with salt of tartar, to keep the wound open. The following is to be administered internally; *viz.*

Take volatile salt of vipers, one drachm; castor of *Russia*, half a drachm; conserve of rosemary-flowers, two drachms; oil of cloves, ten drops; syrup of saffron, as much as is convenient to make a mass: divide it into four bolus's, and

‘ and take one every fourth hour,
‘ drinking the following draught
‘ upon it :

‘ Take alexiterial milk-water, two
‘ ounces ; aqua mirabilis, two
‘ drachms ; volatile salt of hartshorn,
‘ three grains ; Venice-treacle, one
‘ drachm ; mix.’

We shall be the shorter on the methods of cure that used to be prescribed by physicians for a viper’s bite, because we have something more important and efficacious, and at the same time more simple and ready to communicate.

Dr. Allen tells us, that a general preventative antidote hath yet never appeared, nor is it reasonable, says he, to suppose it ever will : but had the doctor been to write again, and had known the following history, of a general preventative antidote lately found out, he would have altered his sentiments. With the greatest pleasure we transcribe this important discovery from the Philosophical transactions for the month of October 1736.

Part of a Letter from William Burton, M. D. at Windsor, to C. Mortimer, R. S. Sec. concerning the Viper-catchers, and their Remedy for the Bite of a Viper.

S I R, Windsor, May 24. 1734.

THE bearers of this, William Oliver, and his wife, called upon me last week with their vipers, and either of them offered to be bit by any viper, and to suffer their arm to swell for some time ; and then by the external application of a common cheap remedy, in a few hours to remove all the symptoms. The experiment was made last Wednesday in our town-hall, before Dr. Derham, F. R. S. Dr. Waterland, the physicians, apothecaries, and sur-

geons of this town, and many other gentlemen of this neighbourhood. He was bit in the upper joint of the thumb, and higher up on the same arm, by two different fresh vipers : his thumb, hand, and arm, soon after swelled much, and all the usual symptoms of a viper-bite followed ; he applied the remedy [sal-lad-oil] before us, with the promised success : but all the contributors engaged not to divulge the remedy * * *

Yours, &c.

WILLIAM BURTON.

A Narration of the Experiments made June 1. 1734. before several Members of the Royal Society, and others, on a Man, who suffered himself to be bit by a Viper, or common Adder ; and on other Animals likewise bitten by the same, and other Vipers. Drawn up by Cromwell Mortimer, M. D. Secr. R. S.

William Oliver, and his wife, from Bath, who follow the business of catching and selling vipers, offered themselves to be bit by any viper that should be procured, trusting to the virtue of a remedy they had lighted on by chance in trying variety of things, when the woman was once accidentally bitten, and the usual known medicines, even the oil of vipers, had no effect in assuaging her pains, especially of her breast of the same side as the hand in which she had received the wound. This remedy, which is only common oil of olives, and, from its use with salad, is vulgarly known by the name of salad-oil, recommends itself not only for its efficacy, but likewise on account of its being readily to be come at, when accidents happen, there being no town,

or even gentleman's house in the country, where sallad-oil is not at hand; whereas the oil of vipers is never to be had, but at apothecaries, and not one in a hundred of them keep it by them.

On the first of June 1734. in the presence of a great number of persons, the said William Oliver was bit by an old black viper, or adder, brought by one of the company, upon the wrist and joint of the thumb of the right-hand, so that drops of blood came off the wounds. He said, that he immediately felt a violent pain and shooting from the wounds, both to the top of his thumb, and up his arm, even before the viper was loosened from his hand; soon after he felt a pain, resembling that of burning, trickle up his arm; in a few minutes his eyes began to look red and fiery, and to water much: in less than half an hour, he perceived the venom seize his heart, with a pricking pain, which was attended with faintness and shortness of breath, whereupon he fell into violent cold sweats: in a few minutes after this his belly began to swell, with great gripings, and pains in his back, which were attended with violent vomitings and purgings. He told me, that during the violence of these symptoms, his sight was gone twice for several minutes at a time, but that he could hear all the while. He said, that in his former experiments he had never deferred making use of his remedy longer than when he perceived the effects of the venom reaching his heart; but this time, being willing to satisfy the company thoroughly, and trusting to the speedy effects of the oil, which had never failed him, when used in time, he forbore to apply to any thing, till he found himself exceeding ill, and quite giddy.

About an hour and quarter after the first of his being bit, a chafing-dish of glowing charcoal was brought in, and his arm, the cloaths being stript off of it, was held over it as near as he could bear it, while his wife rubbed in with her hand the sallad-oil, (which I had bought by the name of Lucca oil) turning his arm continually round, as if she would have roasted it over the coals: he said, that the pain soon abated, but the swelling did not diminish much; most violent vomitings and purgings soon ensued, and his pulse became so low, and so often interrupted, that it was thought proper by the physicians present, to give him the following cordial draughts, at about a quarter of an hour's distance between each:

' 1. Take of water, milk, and peony, three ounces each; spirit of lavender, one drachm: mix enough for two draughts.

' 2. Take of Sir *Walter Raleigh's* confection, half a drachm; treacle-water, half an ounce; spirit of hartshorn, ten drops: mix 'em, and make a draught.

' 3. Take of Sir *Walter Raleigh's* confection, treacle of Andromache, each half a drachm; salt of hartshorn, five grains; treacle-water, two ounces, at two draughts.'

He said he was not sensible of any great relief from these cordials; but that a glass or two of olive-oil drank down, seemed to give him some ease.

Continuing in this dangerous condition, he was put to bed as soon as one could be got ready for him, where his arm was again bathed with his remedy over a pan of charcoal set by the bed-side: but continuing to complain much of his back and belly, I advised his wife to rub them likewise with sallad-

oil, heated in a ladle over the charcoal; which she did accordingly; whereupon he declared he found immediate ease, as tho' by some charm; and he had not above two or three reachings to vomit and stools afterwards, but made water plentifully, which was not discoloured: then he soon fell into a sound sleep, only was often interrupted by persons coming to see and inquire after him, till near twelve o'clock, from which time he slept continually to five or six next morning, when he awaked, and found himself very well: but in the afternoon, on drinking some strong beer, so as to be almost fuddled, the swelling returned, with much pain, and cold sweats; which abated soon, on bathing the arm as before, and wrapping it up in brown paper soaked with oil.

Two pigeons were bit by the same viper immediately after the man: they soon sickened, and seemed giddy. Nothing being applied, the one died in about an hour's time, the other half an hour after. The flesh of both was turned quite black, as if mortified; the blood was coagulated, and looked black.

On the third of June the man's arm remained swelled, looked red, marbled with spots of yellow, but felt soft; and he had the perfect use of it, and even of his fingers, no pain or stiffness being left. He then caused a small spaniel dog to be bit on the nose by a fresh viper: some oil was immediately applied hot, and rubbed well in, till all the hair of his nose was thoroughly wet: the dog did not seem very uneasy; his nose only swelled a little; he eat soon after; his nose was bathed once more that evening; he was found very well next morning; but his nose was bathed again, to

make sure of his cure: he remained perfectly well without any symptoms ensuing, and was alive and well a year after. Another pigeon was likewise bit under the wing at the same time as the dog, but by a fresh viper; the oil was immediately applied hot, and rubbed well in, and the feathers of the wing were thoroughly wetted with it. This bird did not seem at all disordered with the venom, but eat soon after, and was found well the next morning, without any remarkable inflammation or swelling about the part. The hot oil was rubbed in again for two or three days, twice a day, and the bird continued well, so that the viper-catchers carried it with them out of town in triumph, having never before experienced the efficacy of their remedy on so small an animal; which, as it receives the same quantity of venom by a bite as a larger one doth, is more liable to die under it: and they kept it alive for above three months, when they killed it, and eat it. They said that they had experienced their remedy to take effect on *cows*, *horses*, and *dogs*, ten hours after being bit; but that for themselves, who are frequently bit in the fields, as they catch the vipers, they always carry a phyal of salad-oil along with them; that, as soon as they perceive themselves wounded, they, without any loss of time, bathe the parts with it; and if it be the heel, they wet the stocken thoroughly with it; if the finger, which happens ofteneft, they pour some of it into that finger of their glove, which they immediately put on again, and thus never feel any farther inconvenience from the accident, not even so much as from the sting of a *common bee*. Perhaps it may be found of use for the bite of *rattle-snakes*, and other

venomous animals; especially if we consider, that in the fields a man seldom or never receives more than one bite at a time, which doth not infect him with so much venom, as was instilled into the man's blood, when in these voluntary experiments he suffered himself to be bitten twice together; and had likewise been bitten three times but about a week or ten days before; some remains of which venom, it is highly reasonable to imagine, might still infect his blood at the time he repeated the experiments, so as to make a fresh quantity of the venom operate with greater violence upon his body, than if he had been quite a fresh man, never infected with the like poison before, or at least at so great an interval of time, that his blood might have been intirely free from all remains of such an acrid infection. From these experiments is it not reasonable to imagine, that the oil by itself may be as efficacious against the sting of a *scorpion*, as if *scorpions* were infused in it?

I should not have forbore so long, adds the doctor, imparting the knowledge of so useful a remedy to the publick, had not the poor people enjoined every one present at the experiments, not to divulge what their remedy was, till they should give me leave to make it publick in these parts, which they have now done. The reason of their keeping it a secret, was the hopes of obtaining a handsome reward from generous and charitable people; but now, having lost all prospect of any considerable recompence, they were unwilling, that the means of immediate relief to those, who should have the misfortune of being bit by an adder, should any longer be with-held from them; and they are desirous, that this their

remedy against the bite of a viper, may be publickly known.

Thus far the *Philosophical Transactions*.

The bite of a *gnat*, *musketto*, or *bug*, if taken presently, may be cured by rubbing the part well with roch-alum dissolved in spittle or water.

The sting of a *hornet*, *bee*, or *wasp*, may be cured by sweet oil. Some extract the sting of the creature, by pressing the end of a key upon the part, so that the sting may rise into the hole or hollow of it. Honey and oil, mixed together, is commonly used; and some have found bruised bay-leaves effectual.

All bites of a *mad dog* are dangerous, but more or less, as they are more or less deep, the saliva more or less tainted, more or less infused, or the dog more or less enraged by heat, &c. The hydrophobia, or loathing of water, is commonly the forerunner of death, and comes but three or four days before it; tho' the French history of the Academy of Sciences gives us instances of persons cured even in this state, especially by bleeding even to fainting, immersions into salt water almost to drowning, and by salt water poured upon them till almost stifled.

Besides what we have mentioned above, we shall add, That physicians hold, that the wound should immediately be enlarged, and cauterized with a hot iron; and then to apply proper digestives; or, where this is not permitted, cupping with scarification, as above said, to be used, provided unguentum *Ægyptiacum* be used for the dressing scalding hot.

But yet we are told, that the most powerful remedy hitherto supposed to be known, is frequent submersion in salt-water, before, or even

even after the symptoms appear, though it is thought most effectual at first. The patient ought to be plunged deep, and kept there almost to drowning. And this to be repeated several times.

The following is the famous remedy communicated by Dr. Mead, for this dreadful accident.

For the Bite of a mad Dog.

‘ Let the patient bleed at the arm nine or ten ounces: take of the herb called in Latin, Lichen cinereus terrestris, in English, ash-coloured ground-liverwort, clean, dry’d, and powdered, half an ounce; of black-pepper powder’d, two drachms: mix these well together, and divide the powder into four doses; one of which must be taken every morning fasting for four mornings successively, in half a pint of cow’s-milk warm: after these four doses are taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting for a month: he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this, he must go in three times a week for a fortnight longer. The lichen is a very common herb, and grows generally in sandy and barren soils all over England. The right time to gather it is in the months of October or November.’

To this we shall add the following recipe, taken out of Cathorpe church in Lincolnshire, in which it was solemnly recorded, for the perpetual memory of the thing, that the whole town almost being bitten, not one person miscarried, but was cured, who took this method.

‘ Take the leaves of rue picked from the stalks, and bruised, six

‘ ounces; garlick picked from the stalks and bruised, Venice-treacle or mithridate, and scrapings of pewter, of each four ounces: boil all these over a slow fire in two quarts of ale till one pint is consumed; keep it in a bottle close stopped, and give of it nine spoonfuls warm to the person seven mornings successively, and six to a dog, to be given nine days after the bite; apply some of the ingredients to the part bitten.— Ten or twelve spoonfuls may be tried for a horse or bullock; and from three to five for a sheep or hog.’

We shall further add the following from the great Mr. Boyle; which he intitules

A Remedy by which many Dogs bitten by a mad Dog, have been all of them preserved from running mad.

‘ Take three plants (*i. e.* roots and leaves) of that herb which is called rose-plantane, or by some star-plantane; and having chopped it small with a convenient quantity of butter, let the bitten dog take it the first day; the second day give him five plants ordered as before, and the next day seven.’

We shall subjoin the following evident signs by which a mad dog may be known and avoided.

‘ A mad dog is seemingly rapacious and thirsty, yet eats and drinks nothing; his eyes are fierce and flaming; he hangs down his ears, and thrusts out his tongue; froths much at the mouth, barks at his shadow; oftentimes runs along sad and anxious without barking at all; frequently pants for breath, as if tired with running; carries his tail bent inwards; runs without distinction against all he meets, with great fury, and

‘ bites; hurrying on in an hasty
 ‘ and uncertain course. Dogs that
 ‘ are well, are afraid, and fly, both
 ‘ at the sight and barking of one
 ‘ that is mad. The first mad sym-
 ‘ ptom in a dog, is an unusual tre-
 ‘ pidation or trembling.’

The following was published in the publick papers Sept. 23. 1738. and we shall insert it verbatim; for this dreadful distemper cannot be too much guarded against.

A Receipt for the Bite of a mad Dog.

‘ Take of native cinabar, and
 ‘ factitious cinnabar, both ground to
 ‘ an exceeding fine powder, each
 ‘ twenty-four grains; of the strong-
 ‘ est musk, sixteen grains: rub these
 ‘ together, till the musk is also be-
 ‘ come very fine, and give it all
 ‘ for a dose in a small tea-cup full
 ‘ of arrack or brandy, as soon as
 ‘ possible after the person is bit,
 ‘ and another dose thirty days after;
 ‘ but if the person has the sym-
 ‘ ptoms of madness come on before
 ‘ he has had the medicines, he must
 ‘ take two doses in an hour and a
 ‘ half.’

I shall not, says the communicator, enter into the merits of the medicine, or attempt to account for its effects, but only observe for the encouragement of every one to take it, when there is no more than a suspicion of an infectious bite, that it is perfectly safe and innocent, as appears from a great number of persons to whom it has been given by way of preservative, none of which have felt any ill consequences from it, or been disordered since: the only visible effect it has, is, that of producing a considerable drowsiness, which, in those who being already mad, have two doses given them within the time before mentioned, is prolonged for several

hours, and terminates in a perfect cure. I am,

Pall-Mall, Sir,

March 2. Your humble servant,
 1737. THOMAS ROBERTS.

P. S. As an occasion for giving the medicine may possibly happen among some people, who are at a loss to manage any difficulty, it may not be amiss to subjoin the manner of getting it down, when a person is become raving mad, and refuses to swallow any liquid; which is, that he must be held down on his back, and have his nostrils pinched close together, by which means the medicine may be forced down by a little at a time out of a spoon, without any waste. See also balsamick tincture under *Wounds*.

A Decoction against the Bite of a mad Dog.

‘ Take of the filings of tin, four
 ‘ ounces; the leaves of rue and
 ‘ scordium, (or, for want of it, of
 ‘ sage) each an ounce; the best ale,
 ‘ two quarts: boil them together
 ‘ till half the ale be evaporated;
 ‘ adding towards the end of the
 ‘ operation, two ounces of the root
 ‘ of garlick, bruised; and when
 ‘ just finished, an ounce of London-
 ‘ treacle; then strain off the liquor;
 ‘ and lastly, add two ounces of mi-
 ‘ thridate. Give three ounces every
 ‘ morning, and four every night,
 ‘ for nine days.’

As great Mischief has often attended the Mistake of several Roots, to ignorant People and Children, we shall add a few Words under this Head, on the Subject of poisonous Vegetables.

We shall begin with *hemlock*, which is a baneful poison, and the leaves have been sometimes gather-
 ed

ed by a pernicious mistake instead of chervil or parsley, and eaten in sallads, as the roots have also been fatally taken for parsnips.

A person who has taken this deadly plant, must be immediately vomited, and plied with large draughts of warm water and oil, or fat broths, and, if necessary, more violent emeticks, with fat and oily clysters: but purges, except very gentle ones, are to be avoided: when the poison is evacuated from the stomach and intestines, recourse must be had to generous wine and alexipharmacks, of which mithridate, treacle, &c. are good antidotes; as also cordial-waters, as confection of hyacinth, alkermes, bezoar-stone, bezoardick tincture, volatile salts, &c.

The *œnanthe*, or aquatick cicuta, whose roots have been taken for young carrots, are also a pernicious poison: and Dr. Allen gives an history, which at the same time that it shews the deadly effects of this plant, points out the method of cure for it. It is to the following purpose:

Four children, he says, about three miles from his abode, viz. three brothers and a sister, from four to nine years of age, going from school, met with these roots by the side of a rivulet, which they dug up, and thinking them young carrots, fell greedily to eating of them; and when they came home, they began to sicken, were taken speechless, and fell to the ground with dizziness, and were soon after seized with strong convulsions. Their father (for their mother was dead) was much amazed and confounded at the sad spectacle; but at last finding some of the roots in their pockets, he sent to Dr. Allen some of them, suspecting it to be poison.

The doctor, finding what it was, ordered them a good deal of oil, with large and frequent draughts of warm water; and having pumped the stomach clean, he prescribed the bezoardick tincture only, indulging a little wine in their fainting fits; a dose of which for the eldest was a spoonful and an half, and less quantities for the others, according to their ages, in a draught of ale; their diet mean-while being broth and milk-meats. Within twenty-four hours two were restored, tho' much weakened. The other two recovered more slowly, the malignity being not discharged under five or six days; and they all did well at last. The doctor says, he ordered frequent clysters likewise to be injected, &c. Two years after this accident the doctor says, that this father of the four children had a pig dy'd foaming, and with convulsions, on eating the same root.

The bulbous root of the *crown imperial*, the *esula*, almost all the *titthymali*, or *sea-lettuces*, *euphorbium*, *hellebore*, *aconise*, are of the same deadly nature, and require pretty much the same care and conduct, as that we have mentioned. So is the *solanum*, or baneful *nightshade*, whose berries children sometimes eat under the name of *wild cherries*: as also is the *black henbane*. Likewise the *napellus* or monk's-hood.

And Dr. Allen aforesaid gives us the following account of his own case, in eating some *mushrooms*, which is as follows:

' Upon my once unwarily eating
' some of these vegetables, says he,
' a violent diarrhoea seized me, and
' a continued as well as painful inclination to go to stool, as well
' as desire of making water. Not
' being apprised of the occasion,
' nor sensible of any pain or sickness
' of

‘ of stomach, I trusted to nature
 ‘ for relief; till on the third day,
 ‘ on the continuance and aggrava-
 ‘ tion of my disorder, the mushrooms
 ‘ came into my head. Upon this
 ‘ recollection I chewed a dose of
 ‘ rhubarb, but it answered not the
 ‘ intention. The fourth day, find-
 ‘ ing myself worse, and my strength
 ‘ much impaired, a kind of giddi-
 ‘ ness also attending my weakness,
 ‘ not without a grievous excoriation
 ‘ of the anus, I took in the even-
 ‘ ing an infusion of ipecacuanha
 ‘ for an emetick, which gave me
 ‘ three or four motions; and, going
 ‘ to bed, a dose of the confectio
 ‘ Fracastorii, and was happily freed
 ‘ from all my disorder.’

Great hurt has also accrued to many in eating too plentifully of *cucumbers*, especially when hot.

Cantharides taken inwardly has most pernicious effects, which must be obviated by vomits, with warm water, or fat broths; oily clysters, drinking freely of milky messes, emulsions, and whatever is oily and

mucilaginous. The Lemnian earth, and camphire, are also of excellent use in this case.

Powder of *adamant*, *crystal*, *glass*, &c. are also of terrible effect swallowed, lacerating or tearing the bowels.

Of minerals, *arsenick quick-silver*, outwardly and incautiously used, *precipitate* or *sublimate mercury*, *verdegris*, *aqua fortis*, *spirit of nitre*, *spirit* and *oil of vitriol*, are also of pernicious effects, and require equal care and conduct in the management.

Opium over-dosed is also pernicious; and *distilled spirituous liquors* of all sorts, frequently used, are slow, but certain poisons.

See *Rattle-snake-root*, *Wounds*.

VERTIGO.

See *Apoplexy*, *Epilepsy*, *Head-ach*, *Hypochondriack Disorders*, *Palsy*, &c.

U L C E R S.

AN ulcer is defined by surgeons to be a solution of continuity, from a sharp humour, changing the nourishment of the part into corruption.

When it is of long standing, it is seldom cured without decoctions of the woods, antimonials, viperines, and volatiles. Among purgatives, extract of black hellebore, with sweet mercury, is the best; but vomits often repeated are preferred.

The sinus of an old ulcer must be enlarged with gentian-root, and the hardness consumed with powder of burnt alum, mercury precipitate, juice of tobacco, &c.

The following is esteemed a very

good remedy towards restoring the flesh:

‘ Take of ointment of diapom-
 ‘ pholyx, and tutty, each one ounce;
 ‘ ointment of Roland’s composition
 ‘ of sulphur, two ounces; a little
 ‘ oil of tobacco: mix ’em.’

The following is an experienced digestive:

‘ Take one ounce of Venice tur-
 ‘ pentine; the yolk of one egg; six
 ‘ drachms of honey of roses; one
 ‘ drachm of oil of St. John’s-wort:
 ‘ mix ’em, and make an ointment.’

Cataplasms of mucilage of flea-bane seeds, quinces, flour, barley, saffron, yolks of eggs, &c. ointment of poplar, the cooling ointment

ment of Galen, &c. cool and ease the pain.

The following plaister is excellent in old ulcers:

‘ Take what quantity you please
‘ of quick-lime twice or thrice
‘ washed, and a little dried; a sufficient quantity of oleum lini; a little bole-ruber, to make it of a flesh-colour.’

As a promoter of the growth of the flesh, there is hardly any better than the following:

‘ Take fresh butter not salted,
‘ and yellow wax, each three pounds
‘ and an half; oil of the purest
‘ olives, four pounds; the best
‘ chimney-stone, beat very fine, two
‘ pounds and an half: make a plaister.’

An excellent Remedy for an Ulcer.

TAKE elder leaves, sage, goat’s-dung, of each one pound; fresh butter unsalted, two pounds; boil them in a pipkin, till the herbs are crisp; to the strained add yellow wax, simple diachylon, of each two ounces; mix: apply it to the ulcer every night or morning.

Sometimes a bone becomes rotten by an ulcer; in which case the powder of euphorbium is most approved; next to which is root of Florentine fleur de-lys.

Sweet mercury is much commended, as is also camphire dissolved in a double quantity of spirit of nitre, and oil of cloves. The speediest and most successful of any medicine yet known is a decoction of walnut-leaves in water with a little sugar; wetting a cloth in it, and putting it on the ulcer every second and third day, till perfectly healed.

An experienced physician gives us the following observations on an

inflammation of the lungs, and diaphragm, which frequently ending in an ulceration, we shall insert them under this head.

Of an Inflammation of the Lungs.

Crude and tough chyle, viscous aliment, spices, but especially spirituous liquors, may occasion this inflammation. Too great an exercise of the lungs, so as to occasion a short and laborious breathing, or keeping them too long upon the stretch by vociferation, or loud singing, may produce the same effect. There are coagulating poisons which affect the lungs very suddenly: extreme violent passions, by affecting the motion of the heart, may do the same. Inflammations are sometimes translated from other parts to the lungs; a pleurisy easily passeth into a peripneumony. The avoiding those causes is the best rule of diet to prevent the disease; besides, speedy and plentiful letting of blood, before it has quite taken place.

This disease is often cured by the critical resolution, concoction, and evacuation of the morbid matter, which is either attenuated so as to be returned into the channels, and to go on in the common thread of circulation, or expectorated by coughing. One of the best resolvents is the blood of the wild goat.

Copious bleeding is the most effectual remedy in the beginning of the disease; but when the expectoration goes on successfully, not so proper, because it sometimes suppresses it, and in that case sudorifics thicken the matter that is expectorated.

From the symptoms in this stage of the disease, and the use of the lungs, it is evident the aliment ought to be more slender and thin than

than in any other inflammatory disease whatsoever, common whey being sufficient to preserve the strength of the patient; watry liquors, and even the steam of warm water taken in by the breath, attenuates the impacted matter. Relaxing aliment; of which barley, and all its preparations, are the best.

In this state, diureticks, which have not much acrimony in them, are proper, for fluxes of urine relieve the lungs; for this intention an infusion of fenel-roots in warm water, with milk, is good, both as nourishment and drink.

If nature relieve, by a diarrhoea, without sinking the strength of the patient, it is not to be stopt, but promoted gently by emollient clysters.

Decoction of cichory, lettuce, as being anodyne and resolvent, are proper.

If the patient is not reliev'd, nor dies in eight days, the inflammation ends in a suppuration and an abscess in the lungs, and sometimes in some other part of the body; the symptoms of which are, an obstinate dry cough, increas'd by motion and eating; the easiest posture in lying being upon the affected side; a continual lent-fever, with rigors invading with uncertain periods; exacerbations after motion and repast, thirst, night-sweats, a frothy urine, paleness, leanness, weakness.

In such a case one must forbear letting of blood. The diet must be mild, soft, incrassating, and more plentiful; tepid vapours admitted into the lungs, of decoctions of proper ingredients; and when by the symptoms and time the imposthume may be judg'd to be ripe, the vapour of vinegar itself, and any thing which creates a cough, as oxymel, or vinegar and honey,

exercise and concussion, are proper; the sooner it is broken, the less danger to the lungs.

Tho' such a state is extremely dangerous, it is not quite desperate; the aliment ought to be milk; the drink, milk, and barley-water, and such substances as are expectorating and cleansing, with gentle anodynes, that the patient may have some rest.

The principal intention in every state of inflammation of the lungs, is to promote expectoration, and to restore it when it is lost.

If the inflammation ends in a gangrene, the case is desperate; if in a scirrhus, incurable.

There is a spurious sort of a peripneumony, not inflammatory. When the vessels are obstructed with a viscous pituite that mixes with the blood, and invades in cold weather, it is dangerous, and often suffocates; this case is incident to weak and old people. In this, some of the methods used in the inflammatory are proper, but not to bleed so copiously; clysters frequently injected; aliment more generous; and for drink, broths, and jellies, with juice of limon, hydromel, or honey and water. Soft oils, and aliments which abound with a soft, not volatile oil, are beneficial.

A *Peripneumony* is the last fatal symptom of every disease, because nobody dies without a stagnation of the blood in the lungs; for as long as it circulates thro' the lungs, it will circulate thro' the rest of the body.

Inflammation of the Diaphragm.

The symptoms of this disease (which is often mistaken) are a violent fever, a most exquisite pain increas'd upon inspiration; by which it is distinguish'd from a pleurisy, in

in which the greatest pain is in expiration.

The pain is increas'd by sickness, vomiting, repletion of the stomach, or any compression of the muscles of the abdomen. The breathing is extremely quick, suffocating, and seems to be perform'd only by the motion of the breast: it is likewise attended with a delirium, fury, and an involuntary laughter.

This disease terminates as pleurifies and peripneumonies, but is generally fatal, if it ripens, and the pus is evacuated into the lower belly, where it produces putrefaction, and a most miserable and painful death.

The regimen, if any can be successful, ought to be the same as in *Pleurifies*; which see.

The following recipes have been all well experienced, in difficult kinds and states of ulcers.

A cheap, but excellent Medicine for Ulcers.

TAKE one drachm at least of corrosive sublimate, finely powder'd; dissolve it in a quart of fair water, and let it lie there, if you have leisure, four or five days, in a light digestion, that it may be thoroughly dissolved; then drop in it as much spirit of sal armoniack, or as much oil of tartar, per deliquium, as will precipitate it all; then filtre it carefully, and keep it stopp'd for use, which is to imbibe dossils or pledgets with it, and apply them to the ulcer twice or thrice a day.

Honey of Roses, and its Virtues, used as a Gargarism, Lotion, or Injection in Ulcerations and other Foulnesses.

TAKE of dried red rose-buds, six ounces; pour upon them

boiling spring-water, two pints and an half; let them infuse for a night; then pour the strained liquor made hot upon the same quantity of red rose-buds; let them infuse as before; afterwards strain off the liquor, and add thereto its weight of clarify'd honey, and boil it to the consistence of a syrup. After this manner it may be made at any time of the year.

To digest an Ulcer.

TAKE oil of olive, two ounces; yellow wax, half an ounce; frankincense, mastich, of each a drachm; one yolk of an egg; butter, what suffices: mix, and apply.

To digest a Carbuncle, or an inveterate Ulcer.

TAKE basilicon, half an ounce; Venice turpentine, two drachms; Venice treacle, one drachm; and a little crown-soap: mix, and make an ointment.

An Ointment to stop Gangrenes, and heal Ulcers in the Mouth.

TAKE verdigris, reduced to fine powder, two ounces and an half; honey, seven ounces; sharp vinegar, three ounces and an half: boil them together over a gentle fire, to a proper consistence, and of a reddish colour. It effectually prevents corruption, and separates dead from the sound flesh, and heals putrid ulcers.

The Ointment of five Ingredients, good to cool, dry, repel, and heal Ulcers, &c.

TAKE hogs-lard, two pounds; ceruse, half a pound; lead steep'd in vinegar for three days, and afterwards dried and reduced to fine powder, pompholyx, each three ounces;

ounces; frankincense, two ounces: mix them together according to art, into an ointment.

An Ointment to cleanse Ulcers, and to consume proud Flesh.

TAKE resin, a pound; yellow wax, half a pound; oil of olive, a quart; verdigris, three drachms: mix them together for an ointment.

The Ointment of Arceus, good to ripen, digest, cleanse, and incarn or fill up Ulcers, &c.

TAKE of gum elemi, and Venice turpentine, each nine ounces; old sheeps-suet purified, a pound; hogs-lard, six ounces: make the whole into an ointment. It is an excellent ointment, and hardly ever fails in the purposes above set forth.

A Balsam for an old Ulcer.

TAKE linseed-oil, and oil of turpentine, of each one pint; verdigris, half an ounce: mix, and boil them a little, and keep it for use. Take a little on a piece of lint, and apply it, (the part being anointed therewith) and then stick a proper plaister over it. It is an excellent thing for all sorts of putrifying sores, old ulcers, fistula's, and gunshot wounds.

A Plaister for all Sorts of Ulcers and Wounds.

TAKE balsam of sulphur, three ounces; wax, half an ounce; colophony, three drachms: melt them, and add best myrrh in fine powder, three ounces and an half; boil them, and keep for use. Spread it on leather, and apply.

V O M I T I N G.

THIS is to be consider'd under a twofold head; that is to say, as a distemper, which ought to

To make a Plaister which cures Corns, and heals old Sores and Ulcers.

TAKE oil of olives, ten ounces; bees-wax, four ounces; litharge of gold, litharge of silver, and ceruse, of each four ounces; myrrh, four drachms: first put in the oil and wax; then the litharge, constantly stirring it: when it is boiled to a brownish colour, take it off the fire, and put to it myrrh and Venice turpentine, each four ounces; stir it well together, and pour it into a pail of water, and work it up: when you use it for your corns, first cut them close without fetching of blood, and then lay a plaister of this to it, keeping it on four days, then renewing it, and five or six plaisters will intirely root out the corns.

A Lime-water for Ulcers and Dropsy.

TAKE of quick-lime, sixteen ounces; spring-water, a gallon: stir them well together; afterwards let it stand to settle, and strain off the clear.

A red Water for Ulcers.

TAKE of bole-armoniack, white vitriol, roch-alum, aloes, camphire, each half an ounce; reduce them to powder, and with two quarts of lime-water, boil them in an earthen vessel for an hour; then, removing it from the fire, suffer the liquor to grow cold, and let fall its sediment, and then decant it into a glass bottle.

See Phthisick, Tongue, Wounds, &c.

V O M I C A.

See Empyema.

be stopt; or as a relief to pump up morbidick matter from the stomach. The first shews itself too plainly to need

need description, and is sometimes very dangerous: the second is often indicated by a nausea or loathing, which generally should be brought to a vomiting; and the following in this case is very proper:

‘ Take fifteen grains of ipecacuanha-powder; balsamick syrup, as much as will make a bolus, which take, and wash your stomach well with warm water, and vomit freely. Or,

‘ Take two ounces of oxymel of squills all at once; or take half an ounce at a time till you have taken the two ounces, in a glass of warm water.’

If a vomit be taken that even works well, you must expect to be somewhat uneasy after it; but in case of great inquietude, so as that the belly and stomach be sore, or hard and swelled, and rest be disturbed, ’tis good to study quiet, and take some cordial opiate to recruit the spirits, and quell all the uneasinesses rais’d; and such constitutions ought to take vomits as seldom as may be.

But for such as find some relief by a vomit, but yet are not quite recover’d, they should take another, as soon as they can bear it; for one vomit properly given, and where requir’d, is more efficacious than ten purges.

Phlegm, as an eminent physician observes, often lodges on the coats of the stomach, nay, in the interstices of its membranous fibres, where it soaks in, and the shock the stomach suffers by a vomit, cannot fail of squeezing out of it all this matter; and then ’tis brought to a right tone by some good bitters. See *Stomach*.

In general, all vomiting (not to an excessive degree) is beneficial. Observe to keep the body as open

as possible. In order to stop it, use marmalade, syrup and tincture of coral; especially juice of quinces, spirit of mint, salt of wormwood, with juice of limons, &c. Outwardly apply decoction of wormwood and mint, bark of pomegranates, flour of red roses, boil’d in red wine. A small bag of saffron applied to the stomach, or a cataplasm of leaven, and aromatick powders, are convenient. Decoction of Fracastorius, electuary of ginger, stomachick julep, mixture of coral, stomachick mixture, are to be made use of.

When a person has taken too strong a vomit, give him a spoonful of spirit of wine, and it will stop the disorder instantly.

All vomiting of blood is dangerous. The remedies are juice of nettle, seeds of henbane, catechu, blood-stone, with gentle acids, or quince-juice. Sometimes matter is discharged by vomiting.

For the other case of excessive vomiting, the following prescriptions are of a try’d and efficacious nature.

For excessive Vomiting.

TAKE strong cinamon-water, syrup of limons, each half an ounce; salt of wormwood, one scruple; oil of nutmegs and cloves, each one drop; liquid laudanum, twenty drops: mix.

This is an approv’d, most useful, and seldom failing remedy. In a bilious colick, with enormous vomiting, and pertinacious costiveness, we may add powder’d rhubarb, half a drachm, or more, and repeat it till it makes its way by purging.

A speedy Remedy for Fits of Vomiting.

GRATE off one half of a large nutmeg, and toast the flat side of

of the other, till the oily part begins to sweat out; then clap it to the pit of the patient's stomach as hot as can be endur'd, and keep it on whilst it continues warm; and then, if need be, put on another. This is recommended by the famous Mr. Boyle.

To stop a Vomiting.

TAKE limon-juice, half an ounce; salt of wormwood, a scruple; a little white sugar: mix, and make a draught, to be repeated two or three times a day.

Another.

TAKE limon-juice, two ounces; salt of wormwood, one drachm; strong cinamon-water, black-cher-

ry-water, of each one ounce; white sugar, enough to sweeten it. Take two spoonfuls after every vomit.

To stop Vomiting, and strengthen the Stomach.

TAKE spearmint, barley, cinamon-waters, of each three ounces; plague-water, two ounces; salt of wormwood, a drachm; limon-juice, one ounce; three leaves of gold; confecton of hyacinth, two drachms; syrup of red poppies, an ounce and a half: mix, and give four spoonfuls every four hours, shaking the phyal.

See Evacuations, Fever, Stomach, &c.

Observations on URINE.

THE urine of hard drinkers, and feverish persons, affords a liquor extremely fetid, but no inflammable spirit: what is inflammable stays in the blood, and affects the brain. Great drinkers commonly die apoplectick.

Very certain indications for the choice of diet may be taken from the state of urine. Tho' the salts of human urine be neither acid nor alkaline, these salts may, by the violent motion of the blood, be turn'd alkaline, and even corrosive; and when they begin to turn so, they affect the small and tender fibres of the brain more sensibly than other parts.

* The heat of an human body, as it grows more intense, makes the urine smell still more strong, and of a deeper colour. But as long as those alkaline salts are carry'd off by urine, the brain and nerves are less affected; but on the contrary, when in a fever these salts are left behind, that is, when the urine turns pale, the patient is in danger.

It seems probable, that alkaline salts, taken into a human body, have the power of turning its benign salts into fiery and volatile; on which account they seem improper in inflammatory distempers, where the salts are already too much attenuated. *See Stone, &c.*

U V U L A.

THE distemper attending this part, is term'd *The Falling down of the Palate*; which, when tumefied, threatens a suffocation. It is sometimes so sudden as to require immediately the use of the knife, in order to discharge the

watry humours, and prevent the danger of strangling. The evacuations should universally be the same as in a catarrh. This disorder is equally uncommon and dangerous. One of the best medicines for a relaxed palate is hemp-seed boil'd in a little

the posset-drink for a gargarism. The following medicines are to be applied according to the advice of a skilful physician: decoction of catechu, decoction of setfoil-root with a little sal armoniack, and crude alum, gargarism for the uvula, pulvis uvularis.

For the relaxation of the uvula, Mr. Boyle says, the following common medicine is found very suc-

cessful:

‘ The throat being first gargled with claret, in which a little rochalum has been dissolved, as hot as it can well be endured, then anoint it with this: Take honey, one ounce; powder of elecampane, two drachms; pepper in powder, half a drachm; mix them, and apply it thrice a day with your finger.’

W A R T S.

SEE Tumours.

WATCHFULNESS,
See Fever, Sleep, &c.

W A T E R.

In what Cases Water is proper, as a Diluent.

WATER dilutes, but at the same time relaxes; this last quality is taken off by mixing some acid juice with it. Water mixt with acids resists the heat and alkalescent state of the fluids. As long as there is thirst, a quick pulse, driness, with a free passage by urine, and stricture of the vessels, so long is water safely taken.

How few are there who understand or consider the excellent virtues of WATER, which is an element of a mild and cleansing nature and operation, friendly unto all things, and of universal use! and has no other fault to hinder its being constantly drank, as the usual beverage, but its being so common; for men little consider, that Providence has been so graciously kind to all creatures, that as well in this, as in every other thing useful to the life of man and beast, the most wholesome things are the most common, and the most easy to be procured.

All good housewives know, that no sort of liquor, be it what it will,

will cleanse and sweeten their brewing and other vessels, but only water; all other liquors leaving a sour stinking quality behind them, which will quickly cause putrefaction; but water in its own nature is clean and pure for all uses in housewifery, and the preservation of health; and too much cannot be said in its praise, and to the glory of God, who has dispensed so great a blessing, thro’ the habitable earth, in such abundant plenty!

Dr. Short, in his *Rational Discourse of the inward Uses of Water*, observes, “ That it is no rarity, to find among the Highlanders of Scotland, people of eighty, ninety, yea, one hundred years old, as healthy, as strong and nimble, as drinkers of strong liquors are at thirty-six or forty years of age.

“ He further observes, what great success, victories and valiant achievements, a pitiful and despicable people have attained over other nations, while they were temperate; but when they have betaken themselves to swill down strong liquors, how have they

T

“ sud-

“ suddenly become the prey and
 “ contempt of such as they for-
 “ merly had trodden down! They
 “ conquer’d people, and over-ran
 “ nations, till their armies began to
 “ drink strong liquors, and then
 “ they neither could conquer, nor
 “ defend what they had brought
 “ under their yoke.”

An highly approved Palsy-water.

TAKE sage, rosemary, betony-flowers, lily of the valley, single-peony, borage, bugloss-flowers, each an ounce; steep these in French brandy, four gallons; then add balm and spikenard, two ounces; motherwort, bay-leaves, orange-leaves and flowers, each an ounce; put to ’em as many lavender-flowers, stript from the stalks, as will fill a large gallon-glass. Gather ’em all in their season. After they are steeped six weeks, distil ’em carefully in an alembick; then put to this water, citron-peel, dry’d peony-seeds hull’d, each six drachms; cinamon, half an ounce; nutmegs, mace, cardamums, cubebs, yellow saunders, each half an ounce; lignum aloes, one drachm: make these into powders; close the vessel with a double bladder; let them all digest six weeks; then press out the liquor, and strain it thro’ a clean cloth; afterwards put to it prepar’d pearl, smaragds, musk, and saffron, each ten grains; ambergris, one scruple; red roses dry’d, red and yellow saunders, each an ounce: hang these in a farsenet bag in the water. Give forty drops at night in sugar, crums of bread to a man, at going to bed, especially in the full and new of the moon. January is the best time for gathering the roots. Some add lime-flowers and marum, about a handful of each; a pound of single-peony-roots; and half a pound of angelica-roots.

Lady Brook’s Treacle-water.

TAKE the roots of elecampane, gentian, cypress, tormentil, angelica, of each one ounce; of the leaves of our lady’s-thistle, an handful and an halt; bugloss-flowers, borage, marigold, and rosemary, of each two ounces; of citron-peels, an ounce; Venice treacle, a pound, dissolv’d in three quarts of sack; one pint of red rose-water; a quart of carduus-water: infuse them all together one night, and then distil in a rose-still.

To make Barley-water.

TAKE two quarts of fair water; French barley, two ounces; hartshorn, and ivory, of each half an ounce: boil it together till it comes to one; sweeten it with what syrup you please.

The Snail-water.

TAKE a pound and an half of cheese-curds before they are salted, and the flesh of a young capon stripp’d, and cut in small pieces; but throw away the bones, fat, and skin. Take ten new-laid eggs; twenty-four snails gather’d in woods or groves; use them, shells and all; four limons cut in pieces, the outer skin being taken away; four ounces of sweet almonds; half a pound of the crums of white bread; half a pint of red rose-water: mix all well together, distil them with a gentle fire, and keep it for use.

Strong Cinamon-water.

TAKE of cinamon bruis’d, two pounds; Canary, two quarts; sherry, four quarts; brandy, four quarts; distil it in a hot still, and when it is cold, add to it two pounds of doubly-refined sugar pouded; and after it has stood a while,

while, rack it off into new bottles, which will render it fit for use.

Cordial Cinamon-water.

TAKE of cinamon bruis'd, twelve ounces; of fountain-water, five quarts; French barley, half a pound, distill'd in a cold still according to art.

To make Aqua Mirabilis.

TAKE ba'm, mint, celandine, angelica, of each three ounces; dates, twelve ounces; cubebs, galingale, cardamums, ginger, cloves, mace, nutmegs, of each one ounce; orange and limon-rind, of each half

an ounce; caraway and coriander-seed, of each two ounces; rosmary-flowers, marigold-flowers, and melilot-flowers, of each an ounce: bruise the things which ought to be bruis'd, and infuse them in a sufficient quantity of water for the space of twenty-four hours; then, with seven gallons of brandy, distil it in an alembick: add four pounds of sugar to sweeten it.

See *Spirituuous Liquors*, *Temperance*, &c. Also *Sudorificks*.
Teeth.

W E A K N E S S.

See *Fever*, &c.

W H I T L O E.

THIS is a benign kind of the paronychia; it is easily brought to a head, and as easily heal'd upon its discharge of a white matter.

The following is a try'd medicine for it:

'Take house-snails, and beat them, shells and all, in a stone or wooden

'mortar, so long till they be reduced to the consistence of a cataplasm; which apply somewhat warm to the part affected, and keep it on for sixteen or twenty-four hours, renewing it then, if need be.'

See *Felon*.

W O R M S.

THE following letter was written by a publick-spirited physician, lately deceased, to his friend, and contains several useful hints in relation to the worm-distemper; for which reason we shall insert it here, as a supplement to what we have said under the head of *Childrens Distempers*.

I here send you, says this gentleman, the recipe of a remedy for the worms, which breed in human bodies, and with which vast numbers of people, of all ages, and both sexes, are afflicted, and some of them very severely, especially children and other young persons, of whom abundance are carried off

yearly, by being thrown thereby into *convulsions*, *epileptick fits*, *vomitings*, *loosenesses*, *white* or *green-sickness*, and other disorders, which had been judg'd to have proceeded from other causes, when the occasion thereof was worms; and do assure you, it is a remedy which I have for many years experienced in my practice, and never, to my remembrance, but with success, where it has been taken, as it was directed. But as there is such a variety of disorders, proceeding from those intestine animals, representing other diseases, I shall, for the information of such as may little imagine their malady to be occasion'd from worms,

when it seems plain to themselves, and their physicians, that it is this or that *other* disease, first set down some of the many signs and symptoms of worms.

There are divers sorts of worms that breed in the body, and take up their residence either in the stomach or bowels, and sometimes near the sphincter ani or fundament, and often knit themselves together, and appear like a bag of worms, and are supposed to be bred from the ova or eggs of those animals, swallowed down with the food, and encouraged and fed by viscidities in the passages; and according as they have placed themselves in the body, the symptoms and complaints are different both in kind and degree; in some, occasioning loosenesses; in others, costiveness, or frequent, but ineffectual motions to go to stool. In some they cause a fetid or stinking breath, which is a shrewd sign of worms; as is also an hard or inflated belly, especially in children, with a voracious appetite, an almost continual thirst, feverishness by fits, and an intermitting pulse, and glowing cheeks. In some a heaviness or pain in the head, startings in sleep, with frightfully terrifying dreams. In some a sleepiness, representing a lethargy: In others a *nausea*, or loathing of food, with or without motions to vomit. A pain and weight, with a gnawing in the stomach, gripings and rumblings in the bowels, like the colick. In children a dry cough, and oftentimes screaming fits, and convulsions, with white lips, and white urine; and in both old and young, a weaken'd or lost appetite, giddiness in the head, paleness of countenance, with faintings, and cold sweats on a sudden, indigestions,

abatement of the strength, and falling away of flesh, as if dropping into a consumption, with many other symptoms, but these the chief, which ever more or less, some or other of them, always affect, where worms are the cause; and for remedy of which, the following receipt may be depended on, and is very innocent as well as powerful and effectual, as every one, when they read what it is, will believe; and when they try it, will find.

The Receipt is this:

‘ Take tops of carduus, tops of
‘ centaury, Roman wormwood, and
‘ flowers of chamomile, (all of
‘ them dried, and of the latest year’s
‘ growth that you use them in) of
‘ each one ounce; cut the herbs
‘ small, but not the flowers, and
‘ put them, with an ounce of worm-
‘ seed bruised small, into an earthen
‘ jar, or pickling-pot, and pour upon
‘ them a quart of spring-water cold;
‘ stir all about, and then tie the pot
‘ over with a double paper, and let
‘ it stand forty-eight hours, open-
‘ ing and stirring it about five or
‘ six times in that space. At the end
‘ of the forty-eight hours, strain it
‘ through a cloth, squeezing the
‘ herbs as dry as you can, which
‘ fling away, and of the liquor, give
‘ to a child from two to four or
‘ five years old, half a spoonful,
‘ more or less, mixt with a quarter
‘ of a spoonful of oil of beech-nuts,
‘ every morning, upon an empty
‘ stomach, and to fast for about an
‘ hour after it; and also the same
‘ dose about four or five in the af-
‘ ternoon, every day for a week or
‘ ten days together, by which time,
‘ if the case be worms, and you
‘ make but observation, you will
‘ find them come away either dead
‘ or alive. Elder children must take

‘ more,

‘ more, in proportion to their ages:
 ‘ and grown persons, from three or
 ‘ four to six or eight spoonfuls, or
 ‘ more, with always half the quan-
 ‘ tity of the said oil mixt with each
 ‘ dose, and it will keep the body so-
 ‘ luble, and sometimes a little loose.’

This medicine, says the commu-
 nicative physician, has cured in sup-
 posed incurable cases, where it has
 proved at last to be from worms,
 when neither the physician or pa-
 tient have before thought it to be
 so. But if it be not worms, it can-
 not hurt, but may cure in cases si-
 milar to worms, especially where
 the stomach and bowels are disor-
 dered.

The beech-nut-oil, continues he,
 may be had at most oil-shops; and
 the reason, that that oil, before any
 others, is advised, is, that it has a
 property (as has been often tried) of
 killing worms of itself, when olive-
 oil, and oil of almonds, would not
 do it: and as a confirmation of it,
 Dr. *Baglivi*, physician to the pope,
 says, in his book of experiments
 upon live worms from human bo-
 dies, that he put worms into divers
 liquors, which were reputed effica-
 cious for killing them, but did not
 under a great many hours; and that
 towards night he put others into
 oil of sweet almonds, and found
 them alive the next morning: then,
 after many other experiments, he
 put one into oil of nuts, where it
 died presently. And *Malpighi*, an-
 other noted physician, says, that of
 all common oils, oil of nuts is the
 best against worms; and that at
 Milan mothers have a custom to
 give their little children, once or
 twice a week, toasts dipped in oil
 of nuts, to kill the worms; and
 to grown people some spoonfuls of
 it fasting: and many other authors
 say the same, particularly Dr. Ni-

colas Andry, of the faculty of phy-
 sick at *Paris*, in his treatise of
 worms, who says, that if you dip
 a pencil in oil of nuts, and anoint
 the bodies of live worms that any
 one voids, tho’ you never touch
 their heads, they will presently grow
 motionless, and die beyond recovery.
 The reason he gives, that they die
 so suddenly, when anointed, is, be-
 cause they breathe only by the means
 of certain little wind-pipes that run
 thro’ their bodies, so that if you
 stop up those pipes with nut-oil,
 which hinders the commerce of
 the air, (for the parts of oil of al-
 monds are more porous than nut-
 oil, and consequently less able to
 hinder the entrance of the air into
 the worms) of necessity the crea-
 tures must die for want of respira-
 tion, tho’ neither the head, nor any
 other part where the pipes are not,
 be anointed. This is so true, says
Malpighi, that if you put nut-oil
 upon a worm in any other part but
 where the pipes are, tho’ the head
 be not spared, yet the worm will
 live, and have its natural motion;
 and if you put the oil upon some
 of the pipes only, you shall see the
 parts where those pipes are, be-
 come immoveable; but if you put
 it, says he, upon all the trachea’s
 or pipes, the whole worm becomes
 motionless, and dies in an instant.
 And I do assure the publick, that
 the same has been many times
 tried, and found both by myself and
 others, that no other oil whatever
 will do what this will; and the
 late Dr. *Radcliffe*, in many of his
 prescriptions I have seen, ordered
 that oil, preferable to all others,
 where he had any reason to suspect
 the patient had worms; and in one
 very remarkable case of a young
 lady of thirteen, who was at death’s
 door, with the green-sickness, as

suppos'd, and who, by the use of this very oil, and such bitters as he believed the case then indicated, once or twice a day repeated, was cured perfectly, upon her voiding clusters of small worms, for several days together, some of which were inclos'd in a cystis or bag.

This, adds the generous communicator, I was willing to observe, that people may be sure to get the oil of nuts, and not any other oil. And we shall only add, that the importance of the matter will be a sufficient excuse for our having taken up so much room in this one recipe.

The following approved recipes may conclude what we have to say under this article:

A Medicine in Request against the Worms in Children.

INFUSE one drachm of clean quick-silver all night, in about two ounces of the water of goats-rue, distill'd the common way in a cold still; and afterwards strain and filtre it, to sever it from all dregs that may happen in the making it. This quantity is given for one dose.

A Powder for the Worms.

TAKE powder of coralline, and Ethiops mineral, of each fifteen grains; saffron, two grains: make into a powder for one dose, and give it every morning and evening, in a little common treacle.

A Poultess against the Worms.

TAKE Venice treacle, half an ounce; worm-feed powder'd, two drachms; hepatick aloes, one drachm; oil of wormwood, twenty drops; and honey, enough to make a poultess, and apply it to the belly, which, if it be hard

swelled, will be loosen'd and shrink, and the worms will be expelled.

A bitter Draught for Worms.

TAKE elixir proprietatis, made with salt of tartar, one drachm; alexiterial milk-water, two ounces; epidemick-water, wormwood compound, of each one drachm: mix, and make a draught to be taken in the morning.

A Purge for the Worms.

TAKE scammony, calomel, of each six grains; rhubarb in powder, ten grains; mix: to be taken in the pap of an apple.

This is fit for a child of about eight years of age.

A Powder for the Worms.

TAKE species of hiera picra, fifteen grains; rhubarb, worm-feed, of each ten grains: mix, and take them in a spoonful of treacle, with any liquor after it.

A Foment for the Worms.

TAKE round birthwort-roots, one ounce; common wormwood dry'd, lavender-cotton, tansy, tops of favine, of each one ounce; bear's-foot, half an ounce; coloquintida, aloes, each one drachm: make a decoction in water three pints to one quart, and strain.

It is not unusual, says a learned friend, for worms to creep into the plicæ or folds of the intestines, and lie and lurk there so closely and securely, as to elude the force, not only of altering, but purging medicines also, which slip by, and never touch them at all. In this case, externals (and this fomentation especially) are exceeding useful to disturb and drive them out of their dens into the open ways of the intestines,

testines, where purgers, finding them, may kill and expel them by stool.

Let it be used to the region of the abdomen, with flanel stupes hot, before purging.

To make an excellent Worm-water.

TAKE lavender-cotton, walnut-leaves, peach-leaves, rue, worm-wood, bear's-foot, savine, mint, balm, fenel, plantane-leaves, tansy, gill, one handful of bear's-foot and savine to six handfuls of the other herbs; then chop them all together, and distil them. Take

nine spoonfuls of worm-water; and to that quantity put in fifteen drops of spirit of salt, and as much red powder as will lie on a shilling; and give three spoonfuls three mornings following. This quantity a woman may take, or child of ten or twelve years old. To a child of half a year old, give a spoonful a day three days, and to the whole quantity four drops of spirit of salt, and a little red powder. Sweeten it with syrup of limons, or mallows, or gill, if they have a cold.

See Childrens Distempers.

W O U N D S.

ON this important subject, we shall give the prescriptions only of such learned and experienced gentlemen, as have written chiefly with a view to medicines and remedies easily to be come at in exigencies, where skilful help was not always at hand, and who had also a view to direct young practisers, who might not always be improved by the knowlege of great cases, which oftener occur in large towns, than in villages, and little country places.

Wounds are got three different ways, namely, by *cuts*, by *puncture* or *pricking*, or by *gun-shot*, all which are cur'd in the same manner, tho' the accidents attending them are different.

A common wound is to be cur'd by the following prescription, and to be kept close cover'd from the air:

' Take Lucatellus's balsam, one ounce; basilicon, an ounce and an half; balsam of Peru, one drachm: mix, and make a balsam, of which spread a little upon cotton or tow, and lay it next the wound; over

' this, and over the dressings, apply a diachylon-plaister; then lay on a linen bolster folded four double, and tie all on with a bandage. If the wound run much, do this twice a day.'

When the lips of the wound begin to fall, and there is no swelling round it, to this balsam may be added, a little powder of burnt hartshorn, two drachms, and dress with it, till the wound begins to heal up.

This is the general method, proper to be observed in common wounds that are attended with no difficult appearances: but it will be proper to obviate some of the usual accidents that attend upon them.

And, first, in case of an *Inflammation*,] ' Take marsh-mallow-leaves, one ounce; centaury-tops, line-seeds, and fenugreek-seeds, of each half an ounce; two onions roasted under embers: boil these in water, and make a fomentation; to which add rectified spirit of wine, four ounces; bathe the inflammation of the wound, covering the lips of it all

the while, with this, morning and evening, and dress the wound as above.

In case of a Flux, or Bleeding of a starchy Matter.] A compress must be laid upon the part, and it must be tied up; or, if the vessel can be come at, it must be sew'd up, or a little round ball of cotton or lint dipt in aqua fortis, may be apply'd; or a mixture of whites of eggs, dragon's-blood, bole armoniack, and hare's hair cut small, may be fixed over all. But if a great vessel be cut quite thro', a napkin must be ty'd round the part above the wound, twisted hard with a stick to hinder the flowing of the blood, till a surgeon can be had to cut off the limb; dressing all the while the wound as above.

For a Pain in the Wound.] Take red poppy-heads and flowers, an ounce; leaves of pellitory of the wall, half an ounce; seeds of fenugreek, an ounce: boil these in milk, and make a fomentation, wherewith bathe for half an hour, morning and evening, dressing the wound as above.

For proud or fungous Flesh.] Take powder of blue vitriol, one grain; and the above balsam, as much as will serve for a dressing: mix, and eat the proud flesh quite away with it; or rub the blue vitriol-stone over it, and dress as above.

The accidents that attend punctured wounds are many and dangerous, and to be cur'd as follows:

If any extraneous body be left in the wounds, it must be drawn out, if it can possibly be done without tearing the nerves or tendons, or occasioning hæmorrhages: and when this is done, let the wound be dressed as above. In case of a flux which wastes the patient, give a

dose or two of rhabarb; also shell-powders, white decoction, and astringents; all the while dressing the wound as above: purgings hinder digesting, and do great hurt in wounds, making them look pale, and even liable to mortify.

Contusions attending Wounds.] Are generally breaches of the vessels, and are to be treated as directed under the head of Bruises, and the wound to be dress'd as usual. If the contusion be so great, that the blood is effus'd or spilt into any cavity, incision must be made, and the blood taken out, and the wound dress'd with the balsam above-mentioned.

Wounds on Tendons and Nerves.] Are very dangerous, and become more grievous under an unskilful hand; and so many symptoms are to be obviated, that the patient sinks before they can be answer'd. The pain being very acute in this case, and an inflammation pressing, these two symptoms must be alleviated; which is principally done by bleeding plentifully, which cools the blood, lessens it's motion, and prevents further mischief. As for the applications, they must be of a warm and soft nature, and such as are called nervous remedies. For the wounded tendon, rub the part over with the following liniment:

Take oil of worms, fox and human fat, of each an ounce; juice of worms, half an ounce: mix.

The following is a choice secret in wounds of this kind, which, our author observes, is not known to many.

Take the scorix of antimony, prepar'd with fix'd salt; water, as much as is sufficient: infuse them together; filtre and evaporate the water; then take of this salt

‘ salt of antimony, one ounce; oils
 ‘ of juniper, aniseeds, and mint, of
 ‘ each two ounces; spirit of wine,
 ‘ one ounce: mix all together, and
 ‘ digest in a sand-furnace for twelve
 ‘ hours, in a retort of glass; per-
 ‘ haps one ounce will evaporate in-
 ‘ to the receiver; the remainder is
 ‘ a thick red balsam, of an agree-
 ‘ able taste, which being anointed
 ‘ on green wounds, heals them pre-
 ‘ sently.’

If a tendon be punctur'd, it must be consider'd, whether it be a blind or an open puncture; if the former, to make way for the medicines, and to make a passage for the collected matter, the skin must be cut to the tendon, taking care it be not touch'd with the knife; and then the above topicks are to be apply'd. An open puncture, if need be, must be dilated enough, and the wound kept wide open, and drying remedies apply'd; as turpentine, gum elemi, opobalsam, balsam of Peru, balsam capivi; oils of lavender, of turpentine, spirit of wine, and such-like; for in wounds of the nerves and tendons, ointments raise obstructions, and an inflammation follows their use. Turpentine, or its oil, apply'd warm, are excellent in this case, which may be thus prepared:

‘ Take oil of turpentine, one
 ‘ ounce; spirit of wine, one drachm;
 ‘ camphire, half a drachm; digest
 ‘ these together, and drop this mix-
 ‘ ture warm upon the place.’ This oil is so esteem'd by all surgeons, that it has been us'd alone in this case. The way of applying these remedies, is by dipping a cotton pledgit into the oil made hot, and apply'd to the bare place, and the following is a very good topick for the same purposes.

‘ Take oil of turpentine, and St.
 ‘ John's-wort, of each six drachms;

‘ spirit of wine, an ounce and an
 ‘ half; euphorbium, one drachm;
 ‘ digest.’ Or,

‘ Take turpentine, one ounce;
 ‘ oil of wax, two drachms; one
 ‘ yolk of an egg; honey skimm'd,
 ‘ half an ounce; mix, and make an
 ‘ ointment.’ Or,

‘ Take green tops of St. John's-
 ‘ wort, two ounces; common oil,
 ‘ six pints: mix these together, and
 ‘ digest them; then add turpentine,
 ‘ one pound; earth-worms pow-
 ‘ der'd, three ounces; saffron, one
 ‘ drachm: mix, and make a lini-
 ‘ ment to be apply'd warm.’ Or,

‘ Take elder-flowers, one ounce;
 ‘ oil of turpentine, one pound: in-
 ‘ fuse them, digest, and strain out
 ‘ the oil for use.’

By such remedies as these is the wound to be healed, till the pain ceases, and the other symptoms abate. The pain and inflammation are in the mean while to be greatly regarded. In the pain the following prescription is beneficial:

‘ Take of crums of wheaten
 ‘ bread, half a pound; flour of
 ‘ marshmallow-roots, one ounce
 ‘ and an half; flowers of chamo-
 ‘ mile and dill, of each one ounce
 ‘ and half; one yolk of an egg:
 ‘ boil all in a sufficient quantity of
 ‘ milk to the consistence of an
 ‘ hasty-pudden, and apply it.’

The tendon being cur'd, the wound must be clos'd up. The following is a good sarcotick for this purpose:

‘ Take oil of roses, two ounces;
 ‘ oil of turpentine, three drachms;
 ‘ juice of plantane, half an ounce;
 ‘ seeds of St. John's-wort bruised,
 ‘ half an ounce; tutty prepar'd,
 ‘ three drachms; lime ten times
 ‘ wash'd with plantane-water, two
 ‘ drachms; antimony in powder,
 ‘ one drachm; fat of goats, five
 ‘ drachms;

‘ drachms; fat of veal, four drachms;
 ‘ earth-worms wash’d with wine;
 ‘ one ounce and an half: boil all to-
 ‘ gether (except the tutty) in bar-
 ‘ ley-water and wine, till both be
 ‘ consum’d; strain them, and put
 ‘ them on the fire again: add the
 ‘ tutty, and with wax and saffron,
 ‘ of each a drachm: mix, and make
 ‘ a liniment, which is commended
 ‘ by *Vigo*, as excellent in the
 ‘ case.’

But if so happy a conclusion cannot be obtained, and the patient should grow worse, partly from the violence of the symptoms, partly from a gangrene, and partly from a wasting of the flesh, it becomes then necessary to preserve life, at the expence of the motion of a part, and to cut the tendon quite asunder; tho’ if the patient be solicitous to preserve motion, the tendon may be sew’d together, by passing a needle thro’ it on each side with a wax’d thread, and the ligature must have a small bolster under it dress’d with oil of turpentine, spirit of wine, and oil of St. John’s-wort.

If the tendon should putrefy, it is to be cut, and the corrupted part taken out; mean while cataplasms are to be apply’d to appease the pain, and promote suppuration; and as soon as the corrupted tendon offers, it is to be cut away; which will prevent all opportunities for the creeping on of an ulcer.

The union of tendons is greatly promoted by the following powder:

‘ Take serpents skins cast off,
 ‘ and crabs-eyes powder’d, of each
 ‘ one drachm: mix, and sprinkle
 ‘ this powder upon the wounded
 ‘ nerves or tendons.’

The next thing to be regarded is the *symptoms*, the chief of which is the *sinovia*, or flux of a starchy

matter from the wound, mention’d p. 296, which is dangerous, and must be stopp’d; but yet with caution; for if this matter be curb’d too much, putrefaction will begin, and even the bones themselves will be corrupted. Both internals and externals are therefore convenient to be try’d to free the body of deprav’d humours, and consume their quantity; that is to say, sweating medicines and purges are to be taken inwardly; and bleeding by leeches, the cupping-glasses, &c. is to be outwardly used, to abate the inflammation, and prevent the flux of lymph proceeding from these causes.

As soon as the wound flows sparingly, sprinkle upon it this powder, which will dry up the starchy juice.

‘ Take powder of oyster-shells,
 ‘ one ounce; skink bones; jaw of
 ‘ a pike calcin’d, of each two
 ‘ drachms; burnt ivory, seal’d earth,
 ‘ of each a drachm and an half;
 ‘ alum, one scruple: mix.’

Proud Flesh] Is another very common symptom in curing these wounds; and most surgeons now confine themselves to the powder of red precipitate only, which, sprinkled upon it, eats it away, dressing up with proper unguents above it.

A Gangrene] Also comes sometimes upon these wounds, and is an exceeding bad sign. The following internal medicines are recommended in this case; *viz.* Venice treacle, diascordium, spirit of salt armoniack, bezoardick tincture, tinctures of myrrh, saffron, and spirit of wine camphorated: outwardly, tinctures of aloes, myrrh, and camphire, apply’d upon double cloths; and if these things fail of their desir’d effects, a sphacelation

or mortification happens. One excellent remedy is the following:

‘ Take quick-lime, half an ounce;
‘ mercurius dulcis, two drachms;
‘ spirit of wine, four or six ounces:
‘ mix, and apply it on the part, re-
‘ newing it often in a day; first
‘ scarifying the part, that the me-
‘ dicine may penetrate.’

Scarification must be very deep till the blood comes, if the parts be dead, and the patient feel pain. Some praise wormwood boiled in well-water, and the following poultess is much extolled:

‘ Take rue, scordium, sage, of
‘ each one ounce and half; worm-
‘ wood-tops, centaury the lesser,
‘ melilot-flowers, lavender-flowers,
‘ of each half an ounce; gently boil
‘ these in small spirits, to which
‘ add bean-flour, as much as will
‘ make a poultess; a little campho-
‘ rated spirit of wine; and a little
‘ Venice-treacle; mix, and apply it
‘ warm.’

As often as the surgeon dresses, he ought to take a little of the dead part away with a lancet, or with basilicon, and to the sound part apply the following defensation; viz.

‘ Take sealed earth, bole armo-
‘ niack, of each half an ounce;
‘ hartshorn prepared, one drachm;
‘ camphire, one scruple; vinegar
‘ of roses, one ounce; oil of roses,
‘ three ounces; one white of an
‘ egg; mix, and make a poultess,
‘ and apply it.’

You may anoint round the mortify’d part, butter of antimony, which will hinder the gangrene from creeping any farther: but if the gangrene be small, the best of all is an actual cautery, because that will take it away presently.

Sometimes where the gangrene proceeds from too great a tension or stretching by an inflammation

that has preceded, it is necessary to have recourse to cupping or leeches, which will take off the immediate cause of this tension; and if this be done in convenient time, ’tis odds but an impending gangrene may be prevented.

For this reason, as well as from the nature of the case, a skilful person ought to be applied to in a beginning gangrene. The patient ought to be comforted with cordials now-and-then in this heavy circumstance; and the following, called the *Julep of Life*, is very proper.

‘ Take sherry, or any comfortable
‘ wine, a pint; milk-water, half a
‘ pint; one yolk of an egg; twenty
‘ drops of chymical oil of nutmegs
‘ dissolved in sugar; mix, and give
‘ a glass often in a day, as the spirits
‘ require.’

The bark has of late been given internally with great success in a mortification or gangrene; for which see *Mortifications*.

In Wounds of the Veins and Arteries,] The patient may be treated in the beginning with a cooling regimen, in order to stop the hæmorrhage; as a glass of spring-water with a little sal prunellæ, now-and-then; as also cooling emulsions, opiates, &c. if there should be occasion. Proper externals must likewise be applied to the part, in order to stop the bleeding, which proceeding only from the capillaries, or smaller branches of the veins and arteries, the common astringents need only be added to the dressings generally applied for the cure of the wound. If the larger vessels are cut, pellets of lint moistened with oxycrate, and rolled either in white or Roman vitriol, may be applied to the mouths of the wounds, and over them the common styptick, covering
ing

ing all with a plaister of deminium, or the like. But when these gentler means will not take effect, an actual cautery may be used.

Gun-shot Wounds of the Joints.]

The tents made use of should not be long: warm embrocations are serviceable, and anodyne or emollient mixtures of oil of turpentine, castor, scorpion, liniment. Arcæi, balsam of Peru, and the like, may be dropt into the place; or in general these wounds may be treated as those of the tendons and nerves above-mentioned. 'Tis commonly remarked of wounds, but especially those of gun-shot, that the dressing them with spirituous tinctures, and cramming them full of large tents, is of bad consequence, and often induces a hardness or inflammation, prevents digestion, and causes a gangrene; and therefore tho' the wound should sometimes appear black, as is not uncommon in gun-shot wounds, instead of such spirituous detergents, mild digestives, or anodyne liniments, may be more advantageously used, omitting all kinds of irritating ingredients. The adjacent parts may also be embrocated with oil of roses mixed up with the white of an egg and vinegar; a defensative plaister being applied all over the part to prevent a flux of humours. This kind of wound generally affords an eschar, which may be separated with a warm dressing of liniment. Arcæi, ointment of basilicon, oil of white lilies, &c.

Wounds in the Head.] If these are attended with contusion, it may be proper to shave the adjoining parts. Some make use only of warm wine, oil, vinegar, or oxycrate, to embrocate them, or rub in. If the wound be recent, simple, and made by a sharp instrument, it may be immediately stitched up, and covered with em-

plastr. de minio; and this method is sometimes successful, even tho' the skull itself be cut; provided no ill symptoms indicate a contrary method.

Wounds in the Face] Are generally cured with the assistance of a suture of the dry kind, that is made with small pieces of linen cloth spread with a sticking salve indented like a saw, so that the teeth may fall between each other, and the whole row be closed; but when they are attended with bad symptoms, the common method is to be chosen.

Wounds of the Eyes] Must not be treated with oily medicines, except to the external parts. If a bandage be required, it should be extended to both eyes, by reason of the common motion thereof. In case of a tumefaction or contusion, cataplasms, mucilages, and collyriums, are to be used as the case demands.

The nature of this work does not require, that we should more particularly treat of the several accidents and misfortunes that fall under this head of *Wounds*; since those of a more internal nature, as the brain, the stomach, intestines, &c. as also most fractures, amputations, &c. call for the assistance of the skilful practitioner, who being master in the art of surgery, wants not any other prescriptions, than those which his practice, experience, and the known rules of his art, administer: but thus much we have thought necessary to say with regard to the most general and usual cases, tho' some of them are above the common management, to give an idea of the method of cure which ought to be observed, and which will direct the benevolent and charitable in the suitable methods of proceeding, in particular exigencies, and on sudden occasions, till proper help

help can be got. And still farther to answer this good intention, it may not be amiss to add the following recipes in general cases, which are recommended by good authority, and have been often try'd with success.

To make a simple, but excellent Balsam to stanch the Blood of fresh Wounds newly made, and to heal them speedily.

TAKE good Venice turpentine; and in a limbeck, or some other convenient vessel, distil off a good part of it with a very moderate fire, till there remains a thick substance, yet not like colophony, but of a liquid and balsamick consistence. What you have distill'd off, set aside for other uses; for the remaining substance is what we now seek for, and is to be apply'd as a balsam both by itself, and with pledgets and other helps.

A most excellent Balsam for any green Wound.

TAKE oil of St. John's-wort, and Venice turpentine, of each a like quantity; set them over the fire in a gentle heat, half an hour, or less, that they may incorporate: then put them up, and keep it for use, as one of the best of balsams.

A quick Remedy for a fresh Wound.

LET the patient speedily plunge the hurt part into brandy, and keep it there for a while, till the pain, which will be excited, be extinguished, or much abated: or if the part be unfit for this operation, the liquor may be apply'd to it immediately with a soft sponge.

Sennertus's Advice in Wounds of the Thorax or Breast.

THIS author tells us, that if, upon a wound received into the ca-

vity of the thorax, the blood flows not out, but reans main the breast, the patient should hold a grain or two of musk in his mouth, and that, saith he, will cause the blood to run out; and this some keep as a secret.

Dr. Fuller says, he has observed sometimes, that where fetids have been very disagreeable, there perfumes were grateful and beneficial, and have brought strength, vigour, and composedness.

A Wound Drink, which will cure old or new Sores, sore Breasts, putrefied Bones, Aches in the Stomach, Fistula's, and will stop Bleeding.

TAKE oak-buds, hawthorn-buds, and bramble-buds; the herbs southernwood, wormwood, mugwort, bugle, wood-betony, plantane, fanicle, dandelion, cinquefoil, daisy-roots and leaves, ragwort, white-bottle, (which grows in corn-fields, white and hollow, and many upon a stalk) woodbind-flowers, avens, wild-angelica, mint, scabious, sweet-briar-leaves, violet-leaves, comfrey, agrimony: gather the buds in May, or sooner, and the herbs as they are to be had; lay them to dry in a close room, and turn them once a day; then put them up in bags to keep all the year; when you use them, take of all the sorts together, the quantity of three ounces, and put them into a quart of white-wine, and a pottle of clear spring-water; boil them together till half be consumed; strain the liquor from the herbs; put to it one pint of the best honey, and set it on again till the scum rise and be thick, but let it not boil; then scum it very clean, and take it off the fire; and being cold, put it into a glass. Let the person take six spoonfuls in a morning fasting, and fast two hours after it; if the
fore

fore be large, let him drink so much again in the afternoon at four o' clock. If there be any proud flesh, search it with a tent; for this drink will drive it out. A cerecloth of yellow wax, sallad-oil, and red lead, must be laid over the orifice of the wound. This drink must not be given to a woman with child; for it may cause her to miscarry.

To take out the Marks of Gun-powder, shot into the Skin or Face.

TAKE fresh cow-dung; and having warm'd it a little, apply it as a thin poultice to the part affected, renewing it from time to time, as occasion shall require.

We shall only add to this article the following directions as to the regimen to be prescribed to wounded persons:

If the patient be plethorick or full of blood, or if the symptoms induce an inflammation, a slender regimen is to be observed. But if the cure has been long protracted, and the patient brought low, or if he had been accusom'd to live freely, the moderate use of flesh and wine must be indulged him. If, upon the cure of any large wound, the patient should be left phthical, or if the cure should be attended with great difficulty, a milk-diet, with a course of the testaceous powders, may be of considerable service. In wounds of the jugulars, a slender diet should be ordered, and a regular observance of the non-naturals. The regimen, in other cases, not mention'd here, will be best

prescribed by the skilful practitioner, according to the nature of the case; but we shall however add what an excellent physician has advised on this occasion.

The aliment, says he, of such as have fresh wounds, ought to be mild, that is, without stimulating or saline substances, of easy digestion, of such sort as keeps the humours from putrefaction, and renders them oily and balsamick.

When a suppuration is to be promoted, the aliment ought to be more copious and warm, because such induces a putrefaction.

When a sore is healing, the patient is in some measure in the case of an infant that is growing, whose aliment ought to be such as lengthens the fibres without rupture; for it is by such an elongation of the fibres that sores heal; and indeed the surgeon ought to vary the diet of his patient as he finds the fibres lengthen too much, are too flaccid, and produce fungus's, or as they harden, and cause callosities; in the first case wine and spirituous liquors are useful, in the last hurtful.

Women in child-bed are in the case of persons wounded.

See more concerning *Wounds*, in *Balsams*.

For poison'd wounds, or such as proceed from the bites of venomous creatures, see *Venomous Bites*.

See also *Bruises*, *Hæmorrhages*, *Ulcers*, &c.

A brief EXPLANATION of difficult Words made use of in the foregoing Work.

A.

Abdomen, the lower belly.
Abcess, an imposthume, or gathering of ill humours.
Aborb'd, suck'd up.
Absterfion, cleansing.
Acid, sour.
Acidulated, rendered sour.
Acrimonious, subject to
Acrimony, sharpness of the juices.
Adust, parch'd with heat.
Alkali, any earthy matter that ferments with acids.
Amputation, cutting off a limb.
Anodyne, a medicine to ease pain.
Anthelmintick, good against worms.
Antiacid, good against sourness.
Antihysterick, good against female disorders.
Anus, the fundament.
Aromaticks, spices.
Ascites, a collection of water in the lower belly.
Affimilated, chang'd into another substance.
Astringent, subject to bind.
Atrabilarian, or } abounding with
Atrabilarious, } black bile.

B.

Bronchocele, a bunch or swelling in the throat like a rupture.

C.

Cadaverous, smelling like a carcase.
Callosity, a being
Callous, or of a hard substance.
Canine teeth, those which are otherwise term'd dogs-teeth.
Capillaries, the small or hair-vessels of the body.

Cardiack, a medicine comforting the heart.

Carminatives, medicines good for dispelling wind.

Cautstick, a medicine which cures by burning or searing the part affected.

Cephalick, a medicine for the head.

Chalybeats, medicines made of steel.

Colliquative, wasting.

Coma, deadly sleepiness, a disease.

Concussion, shaking.

Contused, bruised.

To Corrode, to gnaw or fret.

Cosmetick, belonging to washes.

Crafsis, constitution.

Cystis, the bag in which worms, &c. breeding in the body, are contained.

D.

Deleterious, destructive.

Delirium, light-headedness.

Dense, thick.

Density, thickness.

Dephlegm'd, purg'd of thickness, in liquors.

Depurate, to become clear by settling.

Deterge, to cleanse.

Digestion, the bringing a wound to a state of regular treatment.

Diuretick, provoking urine.

Dulco-acid, a mixture of sour and sweet.

E.

Effervescence, working or fretting, as liquors, or as the humours of the body, do.

Efflorescence, the breaking out of spots, &c. in a disease.

Emetick,

Emetick, a vomiting medicine.
Emollient, softening.
Emulsion, a milky medicine.
Epispasticks, blistering medicines.
Eroded, gnawed or worn away.
Estuating, boiling or steaming.
To Evaporate, to sweat out at the pores; to dissolve in vapours.
Exacerbation, a paroxysm or sharp fit.
Excandescence, violent heat.
Excoriation, a laying bare or flaying.
Exfoliation, the stripping of flesh from the bone.
Expectoration, discharging phlegmatick matter.
Extract, a medicine drawn from some juice.
Extravasated, forced from the proper chanel of the body, as blood in bruises, &c.

F.

To Ferment, to leaven, to make light or puffy.
Flaccid, slack or wither'd.
Flatus, a windy humour.
Frication, } rubbing.
Friction, }
Fuliginous, dusky.
Fungous, spongy.
Fungous flesh, that which is commonly called proud-flesh.

G.

Gad of steel, a hot plate of that metal.
Ganglia, tumours in the head.
Glutinous, glewy.
Gravidity, the state of being with child.

H.

An Hamorrhage, an inward bleeding.
Humidity, moisture.
Hydatides, bags of a watery matter.
Hydrocephalus, a dropsy of the head.
Hydromel, honey and water.
Hypochondriack, producing, or subject to, melancholy.
Hysterical, subject to fits of the mother, vapourish.

I.

Ichor, the thin gleet of a running sore; from whence
Ichorose, subject to gleet.
Inspissation, a thickening.
Integument, a membranaceous sheath.
Intestinum rectum, the strait gut.
Irritation, a pricking pain.

L.

Lambative, a medicine to be licked.
Lax, loose or feeble.
Laxative, subject to a looseness.
Lenify, to render mild.
Lentor, the fizy part of the blood in malignant fevers.
Leucophlegmatick, subject to white phlegm.
Levigated, hard matter ground fine.
Lientery, a kind of flux, when the meat comes from a man without any concoction or digestion, as he took it in.

Ligature, a binding.
Linctus, a medicine to be lick'd; sometimes call'd a lohock, or electuary.
Lochia, the menses.
To Lubricate, to render slippery.
Lympha, water, or watery matter.

M.

Macerate, to make lean, or soak.
Meconium, excrements which adhere to the intestines of new-born children. Also syrup of white poppies.
Morbifick, apt to produce a disease.
Mucilage, slime: hence
Mucilaginous medicines, such as are of a thick, slimy composition.
Mucus, slimy matter.

N.

Narcoticks, sleepy medicines.
Nephriticks, medicines proper for the stone, or a pain in the kidneys.
Neurotick, a medicine proper to strengthen the nerves.
Nidorese, stinking,

O.

To *Obtund*, to blunt, or break the force of any noxious quality in medicines.

Odoriferous, sweet-scented.

Oedematous tumour, a swelling without pain.

Ophthalmicks, medicines for the eyes.

Ovarium, that which contains the egg.

Oxymel, vinegar and honey.

P.

Paregoricks, lenitives.

Paroxysm, a fit.

A *Pectoral*, a medicine cherishing to the breast.

Peripneumonicks, of the lungs.

Peritoneum, the inner rim of the belly, covering all the entrails.

Phlegmon, an inflammation of any part.

Pituitous, phlegmatick.

Pomiferous plants, such as bear apple-like fruit.

Prisan, barley unhusked, and sodden in water; barley-broth.

Puerpera, a child-bed woman.

A *Pugil*, as much as may be held between the two fore-fingers and the thumb.

Pulmonary, of the lungs.

Purulent, full of

Pus, or matter caused by a wound, &c.

Q.

Quartan fever, one which returns every fourth day.

Quotidian fever, one which returns every day.

R.

Refrigeration, cooling.

Relaxing, loosening.

To *Resolve*, to loosen: from whence,

Resolving, or { a loosening,

Resolution, {

Rorid, { dewy, or balmy.

Roscid, {

S.

Saliva, spittle.

Salival ducts, vessels for conveying the spittle.

Sanguineous, abounding with blood.

Saponaceous, soapy, consisting of oils and salts.

Sarcoticks, medicines to heal the flesh.

Scirrhus, subject to

Scirrhus, an hard swelling in the skin.

Scrophulous, subject to scurf.

To *Secern*, to separate.

Serum, the thick part of the chyle.

Sparradrap, a cerecloth spread on both sides alike.

Sphincter ani, the round encompassing muscle of the strait gut, serving to keep in the excrement.

Stimulating, provocative.

Styptic, proper to stop bleeding.

Subacid, somewhat sour.

Sudorific, causing sweat.

Suppository, a medicine given by the fundament to loosen the belly.

Suppuration, gathering of matter.

Sutures, the knittings of the skull.

T.

Tenacity, glewiness.

Tepid, lukewarm.

Tertian, a fever which returns every third day.

Torrified, parched.

Tortor, a twisting.

Turgidness, aptness to swell.

V.

Vehicle, a liquid serving to forward the force of a medicine, or that in which a medicine is given.

Vellicating, pulling softly, twitching.

Viscera, the bowels.

Viscid, { glewy.

Viscous, {

Volatile medicines, such as easily fly off, or evaporate.

Vulnerary, proper to cure wounds.

Uterus, the womb.

U

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